



YOGA MAT CLEANER

Here's an environmentally friendly and effective cleaner for your mat.

- 3 cups distilled water
- 1 cup white vinegar (or Witch Hazel)
- 15 drops tea tree essential oil
- 10 drops lavender essential oil (or any essential oil that has antibacterial properties like peppermint, lemongrass, eucalyptus)

Put all the above in a spray bottle and shake.

Spray lightly over your mat and wipe with a soft clean cloth.

