

Creating the Mythical Thieves blend of hand oil

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The principal advantage of devising your own hand sanitizer is that you know unequivocally what you have put into it. In general, hand Sanitizers customarily contain alcohol, as it is perceived as being more effective toward killing microorganisms than most compounds. Perhaps you like the thought that you are not placing any harsh chemicals into its composition which could ultimately harm your skin, it is always good to keep in mind that as one gets older their skin becomes thinner and more delicate. With that being said, you may discover that this recipe may be the best sanitizer that you can find and is definitely better than the commercial versions offered at the store. Although soap and water are still the best defense for your body, this formula will serve you well in a pinch. Below is a formula that was developed which fits that description perfectly. You will find no damaging ingredients in it, and it is completely safe to use. Additionally, there is no alcohol in this formula.

Ingredients

- 6 ounces of distilled water
- 2 Tablespoons of Aloe Vera Gel
- 2 drops of Clove oil
- 10 drops of cinnamon, eucalyptus and rosemary
- 1 ½ teaspoon of lemon oil

The combination of essential oils selected are roughly based upon the mythical “Thieves” blend of oil, which has been employed for many centuries due to its famous anti-bacterial and anti-viral properties. Thieves’ oil is a versatile blend of oil that is used for cleaning and for immune support. In some circles, it has been reported to alleviate minor aches and pains resulting from our daily lives.

Let me provide you with a brief story on the thieves’ oil. Tales have it that the thieves were spice merchants who imported their wares from India and included cinnamon and clove. When the Black Plague befell Europe, the trade routes were closed, causing the traders to quickly run out of money. This caused them to create another means of support.

Most of the population at the time was afraid to touch the dead that the plague had killed, thus these merchants decided to loot the dead people’s homes and bodies. They would remove the clothing, jewelry and any other potentially saleable items from the dead. Their thoughts were that they would not get sick if they rubbed themselves with vinegar, oils, and specific spices.

With these thoughts they were conducting a very lucrative business until such time as the king discovered their plans. Naturally, when it was revealed to the king what was going on, he wanted the secret formula. The king sent the Constables out with instructions to capture the thieves. Four of these thieves were finally captured and brought before the

king who gave them a choice of sharing their formula or being burned at the stake. Needless to say, the thieves decided to share their formula. Immediately the formula was posted around town for all to see and benefit from.

To begin this formula, start with a small, hand sanitizer size container such as is found at the local dollar store. Into this container, add the water, the Aloe Vera gel along with all the suggested essential oils and lemon. Place the top on the bottle and shake it well.

In order to use the product, squeeze a small amount onto the palms of your hands and rub them vigorously together. Repeat this process as often as necessary. Continue rubbing until the hands are dry.

This is especially desirable when soap and water are not readily available. It is perfect for on the road use or to store in your emergency bags. Be prepared for those possible lean times ahead by properly storing supplies and food. Learn as many skills as you can such as canning, drying foods, pickling and preserving. Learn how to be frugal and to do as much as you can yourself. In short, learn to take care of yourself.