

DIY yoga Mat Cleaner

- Small spray bottle (2 – 4 ounces).
- Distilled or spring water (fill 3/4 of the spray bottle).
- 2 drops of tea tree oil. This oil has powerful antibacterial and antifungal properties.
- 1 drop of your favorite scented essential oil - lavender, peppermint, lemon, or whatever you like!
- Optional – witch hazel or white vinegar (fill remaining 1/4 of the spray bottle). If using either of these, you may want to add a few more drops of essential oils to combat the strong aroma.

Use a clean, soft cloth, and spray the cloth with a few sprays of the cleaner (not the mat). Wipe down mat, and be sure to let it lay out and dry completely before rolling it up. This will help your mat stay clean and healthy, so you can have a long and loving relationship with each other. Happy practicing!

