

# Homemade “Lysol” Disinfecting Wipes

## There’s a difference between cleaning and disinfecting.

- **Cleaning** removes dirt, food, liquids, and other impurities from the surface.
- **Disinfecting** kills viruses and other germs on surfaces and objects.

Many homemade cleaning wipes are great for cleaning, but they’re not good disinfectants. Most DIY cleaning wipes only use vinegar, Castile soap, or detergents like Sal Suds or natural dish soap. While those types of ingredients are great for making homemade cleaning wipes, they are *not* effective disinfectants.

To make effective homemade Lysol wipes or Clorox wipes that will truly disinfect, the liquid disinfecting solution needs to be at least 70% alcohol [according to the CDC](#). That means that for this recipe you need to use either isopropyl alcohol (aka rubbing alcohol) or grain alcohol that is at least 140 proof.



## 3 Key Ingredients in homemade disinfecting wipes.

### 1. Alcohol

Alcohol is a natural antibacterial and antiviral. How does alcohol kill viruses and bacteria? Alcohol damages the cell walls of organisms. That allows the alcohol to enter the organism and destroy them.

[According to the CDC, you want to use an alcohol that is at least 70% alcohol to disinfect surfaces.](#) You can use either ethanol (that’s what in the alcohol that you drink) or isopropyl alcohol (that’s what’s commonly called rubbing alcohol). Both ethanol and isopropyl alcohol are effective disinfectants. The key is to use a product that is at least 70% alcohol. Here are just some of the alcohols that you can use to properly disinfect surfaces for viruses and other germs:

70%+ ethanol products — Look for 140 proof or higher drinkable grain alcohols. You’ll find these in the grain alcohol (or vodka) section of your local liquor store.

- Everclear (190 proof, 92.4% ethanol)
- Spirytus vodka (note: While most vodka sold in the United States is only 80 proof or 40% alcohol, Spirytus vodka is 192 proof, 96% alcohol. When using vodka in this homemade “Lysol” disinfecting spray make sure that you choose a vodka that is at least 140 proof)
- Golden Grain (190 proof, 95% alcohol)

70%+ isopropyl alcohol – You’ll find these in the pharmaceutical section of your local Walmart, Target, or drug store. Look for bottles labeled isopropyl alcohol, also called rubbing alcohol.

- 70% rubbing alcohol
- 91% rubbing alcohol
- 99% rubbing alcohol

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## 2. Hydrogen Peroxide

A study published in the [Journal of Hospital Infection](#) suggested that viruses could be “efficiently inactivated” with disinfectants that contain alcohol and .5% hydrogen peroxide.

## 3. Essential Oil

Which essential oils have disinfecting properties?

The essential oils listed below are just some of the many essential oils that have disinfecting properties like being antibacterial, antiviral, antimicrobial, antifungal, antiseptic, and deodorizing.

1. tea tree
2. lavender
3. geranium
4. lemon
5. orange
6. eucalyptus
7. rosemary
8. cinnamon
9. clove
10. thyme
11. peppermint

DISINFECTING essential oils	
ONEessentialCOMMUNITY.com	
<i>cinnamon</i>	ANTIBACTERIAL, ANTIFUNGAL, ANTIVIRAL, ANTIMICROBIAL, AND ANTISEPTIC
<i>clove</i>	ANTIVIRAL, ANTISEPTIC, ANTIBACTERIAL, AND ANTIFUNGAL
<i>eucalyptus</i>	ANTIBACTERIAL, ANTIFUNGAL, ANTIVIRAL, ANTISEPTIC, AND ANTIMICROBIAL
<i>geranium</i>	ANTIBACTERIAL, ANTIFUNGAL, ANTIVIRAL, AND ANTISEPTIC
<i>lavender</i>	ANTISEPTIC, ANTIVIRAL, ANTIBACTERIAL, ANTIFUNGAL, AND ANTIMICROBIAL
<i>lemon</i>	ANTIMICROBIAL, ANTISEPTIC, ANTIVIRAL, AND ANTIFUNGAL
<i>orange</i>	ANTISEPTIC, ANTIVIRAL, AND ANTIFUNGAL
<i>peppermint</i>	ANTISEPTIC, ANTIBACTERIAL, AND ANTIVIRAL
<i>rosemary</i>	ANTISEPTIC, ANTIBACTERIAL, ANTIFUNGAL, AND ANTIMICROBIAL
<i>tea tree</i>	ANTIFUNGAL, ANTIMICROBIAL, ANTISEPTIC, ANTIVIRAL, AND ANTIBACTERIAL
<i>thyme</i>	ANTIBACTERIAL, ANTIVIRAL, ANTIFUNGAL, ANTIMICROBIAL, AND ANTISEPTIC

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## How to make Homemade Disinfecting Wipes

### Essential Oil Disinfecting Wipes Recipe

**1. mix the following in a large measuring cup or pitcher**

3 cups alcohol (see note above)  
3/4 teaspoon hydrogen peroxide  
20 drops lemon essential oil  
15 drops clove essential oil  
10 drops cinnamon bark essential oil  
5 drops eucalyptus radiata essential oil  
5 drops rosemary essential oil

**2. pour about 2 cups of the alcohol/hydrogen peroxide/essential oil mixture into your wipe’s container**

**3. Add 30-40 Select-a-Size paper towels, dinner napkins, or disposable guest towels to container**

**4. Turn the wipes container on its side and swirl the disinfectant liquid around the wipes so that they all get wet.**

**5. Pour the remaining 1 cup of disinfectant over the wipes trying to get all the wipes wet.**

**Tip:** You should have some liquid at the bottom of your wipe’s container. This liquid will help make sure that your wipes stay properly moistened as you use them in the future.

**6. add a label**

