

# DIY Recipes with Essential Oils & Kangen Water

Transform your home care routine with these simple, eco-friendly DIY recipes combining the purifying properties of Kangen water with the therapeutic benefits of essential oils. These natural formulations offer effective alternatives to chemical-laden commercial products, supporting both your health and the environment while bringing delightful aromas into your daily life.



# Easy DIY Cleaning & Personal Care Recipes

Creating your own natural products doesn't have to be complicated. These recipes harness the unique properties of different pH levels in Kangen water combined with the antibacterial, cleansing, and aromatic qualities of essential oils.



## All-Purpose Cleaner

Combine 1 cup 11.5pH Kangen water with 10 drops lemon or tea tree essential oil. Add 1 tbsp white vinegar for extra cutting power. Perfect for tackling greasy spots on benches, sinks, and tiles.



## Room & Linen Spray

Mix 1/2 cup 6.0pH beauty water with 10-15 drops of lavender and bergamot oils. Add 1 tbsp witch hazel as a dispersant. Shake well before spraying onto linens or into the air for a calming atmosphere.



## Facial Toner

Blend 1/2 cup 6.0pH beauty water with 3 drops lavender or frankincense essential oil. Add 1 tsp rose water for extra hydration. Apply with a cotton pad or fine mister after cleansing for balanced skin.

## More Practical DIY Solutions

### Hand Sanitizer Spray

1/4 cup 2.5pH strong acidic water with 10 drops tea tree and lavender oils. Add aloe vera gel for hydration. The acidic water provides natural antibacterial properties.

### Produce Wash

1 cup 11.5pH Kangen water with 3 drops lemon essential oil. Soak fruits and vegetables to effectively remove pesticide residues and other contaminants.

### Yoga Mat Spray

1/2 cup 2.5pH water with 5-10 drops tea tree and lavender oil. Perfect for cleaning exercise equipment and preventing bacterial growth.

## Essential Oil Blend Combinations

Cleaning	Lemon + Tea Tree Lemon + Eucalyptus + Peppermint Orange + Clove + Cinnamon
Air & Energy	Bergamot + Lavender Cedarwood + Lemon + Frankincense Tea Tree + Spearmint + Lime
Detox/Deodorizing	Purification blend Lavender + Lemon + Peppermint Lime + Basil + Eucalyptus

These DIY recipes offer a wonderful starting point for exploring the benefits of Kangen water and essential oils in your home. Experiment with different oil combinations to discover your favorite scents while enjoying the satisfaction of creating effective, health-conscious products for your family.