

Dr. Axe

FOOD IS MEDICINE

DIY Baby Wipes with Chamomile & Lavender Oils

Dr. Axe draxe.com/diy-baby-wipes/

Total Time: 15 minutes

Serves: 1 roll

Ingredients:

- 1 $\frac{2}{3}$ cups purified or distilled water
- 2 tablespoons pure aloe vera
- 1 teaspoon apple cider vinegar
- 8 drops chamomile essential oil
- 8 drops lavender essential oil
- 1 tablespoon castile soap - liquid form
- 1 tablespoon jojoba oil
- plastic container with a lid that you can cut a hole in or an old wipes container
- 1 roll of heavy duty/nonchlorinated paper towels

Directions:

1. Cut the paper towels in half and place one half in a large mixing bowl. Set aside.
2. In another bowl, blend the water and aloe vera.
3. Add the castile and apple cider vinegar.
4. Next, add the jojoba oil. Blend well.
5. Out liquid over paper towel roll. Rotate the roll to ensure full coverage.
6. Allow it to soak in. Usually 5–8 minutes.
7. Place roll in large re-purposed baby wipe container.
8. Use, as needed, to clean baby.