

DIY COCOMINT MOUTHWASH

(Easy, anti-microbial, anti-inflammatory, toxin-free, inexpensive mouth wash that will help preserve your dental health and gums without any chemicals)

Ingredients:

- ▶ 2 cups of water
- ▶ 2 tablespoons cold pressed coconut oil
- ▶ 1 heaped tsp pink Himalayan salt/rock salt
- ▶ 3-4 drops of peppermint essential oil

Method:

1. Mix ingredients in a glass container and shake well until salt dissolves.
2. Use as required. You'll have to shake with each use.
3. If the coconut oil solidifies, you can run the glass jar under warm water.

Notes :

When using, swish and gargle around a mouthful of it for 30 seconds before spitting it out. Use in the morning or whenever you want to freshen your breath throughout the day.