

DIY Mouthwash

Ingredients:

- 1 cup distilled or purified water
- ¼ t. Salt (a good Celtic salt, please)
- 5 - 10 drops of [Blockade essential oil blend](#)
- 4 drops of [peppermint essential oil](#)
- 2 drops of [Frankincense essential oil](#)
- 1 t. Baking soda, optional
- Glass bottle (essential oils can degrade plastic)

Directions:

1. Put all ingredients into a glass jar with a top and shake.

Notes:

- I use The Herbal Toad's essential oils; if you prefer other essential oils, that's fine, just be sure they are pure and therapeutic.
- I made this for my husband when he had a toothache; the dentist prescribed an antibiotic but after he finished it, the toothache returned. Stephanie, a certified herbalist, of the Herbal Toad suggested taking [Attack](#), an herbal tincture, and swish this mouthwash, too. By the next morning he was pain free.

Check out [The Herbal Toad!](#)