

MOUTH WASH



MOUTH WASH

— Home Remedies —

Fresh or dried herbs can be used for your homemade mouthwash.

1 part calendula flowers
1 part sage leaf
1 part thyme leaf
1 part peppermint leaves (you can substitute a few drops of peppermint essential oil)
Enough water to cover the herbs
tea tree essential oil

Directions:

Measure dried herbs – for my 16-ounce jar, I used a small handful of each dried herb – calendula, sage, thyme, and peppermint.
Add herbs to the pot.

Add enough water to cover the herbs and stir.
Cover the pot and bring to a brisk boil (covering retains the aromatic oils).
Turn off the heat and allow the herbs to steep for 30-minutes.
Once cooled, strain your herbs using cheesecloth or a fine mesh strainer.
Add a few drops of tea tree essential oil (and peppermint oil, if using)
Store in a jar with a lid. Use within 7-10 days. (You can store for longer in the refrigerator.)
Use two to four times daily between and after brushing.

You can adjust to the peppermint oil to your taste...but be careful. It is STRONG and you only need a few drops.

Every night and morning I look forward to “swishing” with my great-tasting, all-natural mouthwash that only cost pennies to make.