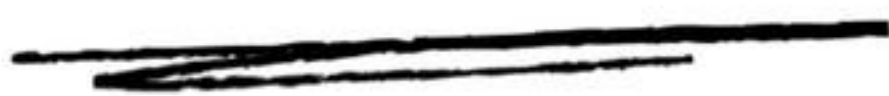




## DIY Natural Mouth Spray

1. Add 5 drops Peppermint essential oil to a 2 oz glass spray bottle. Can combine with 3 drops of Clove essential oil to help treat sensitive gums.
2. Add a pinch of sea salt to the bottle.
3. Fill with water and shake vigorously for about a minute.







## *DIY Natural Mouth Spray*

4. To use, shake well and then pump 2-3 spray in the mouth as a breath spray. Add more drops of essential oils according to your taste. You can also unscrew the cap and pour out 1 tbsp as needed to use as a natural mouthwash.

5. Keep at room temperature for a week or store in the fridge to last for about a month.