

## **Homemade Spearmint Mouthwash**

### **Ingredients:**

6 ounces water

2 ounces vodka

4 teaspoons liquid glycerine

1 teaspoon aloe vera gel

10-15 drops Spearmint essential oil

### **Directions:**

Boil water and vodka; add glycerine and aloe vera gel.

Remove from the heat, let cool slightly. Add spearmint oil, shake well. Pour into bottle, cap tightly.