

## **Homemade Spearmint Toothpaste**

### **Ingredients:**

1 teaspoon baking soda  
½ teaspoon sea salt, finely ground  
½ teaspoon tap water  
1 drop spearmint oil

### **Directions:**

Combine ingredients in a small bowl and mix them thoroughly until a smooth, thick paste forms. Dip your toothbrush into the paste and use as you would regular commercial toothpaste.