

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.