



# D.I.Y. TOOTHPASTE

MELT 3 TBSP OF COCONUT OIL

ONCE HEATED, STIR IN 1-2 TBSP  
OF BAKING SODA

ADD 10-15 DROPS OF PEPPERMINT  
OR CINNAMON ESSENTIAL OIL  
AND ALLOW MIXTURE TO SOLIDIFY

ONCE SOLID, STIR TO CREATE A  
SMOOTHER CONSISTENCY