Homemade

Toothpaste and Mouthwash Recipes



25 Recipes for Mouthwash and Toothpaste



By Roxys Recipes

Toothpaste & Mouthwash Recipes

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All Natural Toothpaste

Equipment needed: Measuring Cup, Measuring Spoon, Bowl, Stirring Spoon, Jar w/ Lid

Ingredients:
¼ of a tsp of peppermint oil or oil of cloves
¼ of a tsp of spearmint or oil of cinnamon
¼ of a Cup of arrowroot
¼ of a Cup of powdered orris root
¼ of a Cup of water
1 tsp of ground sage

Directions:
First place all of the dry ingredients into your bowl.
Now slowly add-in the water while continually stirring.
Continue to add water until the consistency is a paste.
Transfer to jar.

Apply cover.

Old-Fashioned Tooth Powder

Equipment needed: Measuring Spoons, Measuring Cup, Food Processor, Airtight Container or Jar W/ Lid

Ingredients:
2 Tbsp of dried lemon or orange rind
¼ of a Cup of baking soda
2 tsp of salt

Directions:
Put the rind in your food processor.
Process, grind, until the rind becomes powder.
Now add-in the salt and baking soda.
Process a few more seconds until the ingredients are thoroughly mixed.
Use an airtight container or jar w/ lid to store.

When using dip a moist toothbrush in powder & brush as you normally would.

Your Basic Toothpaste

Equipment needed: Stirring Instrument, Small Container w/ Cover

Ingredients:
1 t sp of the Old Fashioned Tooth Powder
¼ of a tsp of Hydrogen peroxide

Directions:
Combine the ingredients in your container.
Mix thoroughly.

Peppermint Toothpaste

Equipment needed: Small Bowl, Measuring Spoons, Eye Dropper, Mixing Spoon, Airtight Container, Spoon

Ingredients:
4 Tbsp of Coconut Oil
4 Tbsp of Bentonite Clay
2 – 3 Tbs of filtered water
½ tsp of Real sea salt
10 – 15 drops of peppermint essential oil
(You can add a few drops of liquid stevia if you feel so inclined.)
A couple of tsp of water

Directions:
Combine the clay, salt & coconut oil in your bowl.
Add a tsp of water to the ingredients.
Take the back of the spoon & begin "creaming" the ingredients together.
You will want to reach a consistency of paste, so add more water if necessary.
Now add-in the oil.
Thoroughly mix.
Transfer to container.

Toothpaste with Coconut Oil

Equipment needed: Bowl, Mason Jar w/ Lid, Measuring Spoons, Eye Dropper, Stirring Spoon

Ingredients:
6 Tbsp of coconut oil
6 Tbsp of baking soda
25 drops of eucalyptus essential oil
1 tsp of stevia (or more if you like it sweeter)

Directions:
Combine all of the ingredients into your bowl.
Mix until the texture becomes creamy.
Transfer to jar.
Apply lid.

Loretta's Toothpaste

Equipment needed: Bowl, Mason Jar w/ Lid, Measuring Spoons, Eye Dropper, Stirring Spoon

Ingredients:
1 tsp of baking soda,
¼ of a tsp of hydrogen peroxide
1 drop oil of peppermint oil

Directions:
Combine all of the ingredients into your bowl.
Mix until the texture becomes creamy.
Transfer to jar.
Apply lid.

Lemon-Clove Tooth Cleanser

Equipment needed: Bowl, Eye Dropper, Measuring Spoon, Stirring Spoon, Container

Ingredients:
Small amount of finely powdered sage
1 oz of finely powdered myrrh
1 lb of powdered arrowroot
3 oz of powdered orris root
20 drops of oil of lemon
10 drops of oil of cloves
12 drops of oil of bergamot

Directions:
Combine the dry ingredients into a mixing bowl.
Mix thoroughly.
Now combine the oils & rub them into the mixture.
Continue until thoroughly blended.

Homemade Spearmint Toothpaste

Equipment needed: Small Bowl, Toothbrush or Small Spoon, Eye Dropper, Measuring Spoon, Eye Dropper, Small Container w/ Lid.

Ingredients:
1 tsp of baking soda
½ tsp of sea salt, finely ground
1 drop of spearmint essential oil
A few drops of tap water

Directions:
Take all of the ingredients & combine them in your bowl.
Using a toothbrush or small spoon thoroughly mix the ingredients.
Continue mixing until a paste is formed.
Transfer to container & cover.

Cinnamon Toothpaste

Equipment needed: Bowl, Sterile Jar w/ Lid, Measuring Spoons, Eye Dropper, Stirring Instrument

Ingredients:
4 Tbsp of bentonite clay
½ of a tsp of sea salt
2 Tbsp of hot water
4 drops of organic cinnamon essential oil

Directions:
Combine everything together in a bowl.
Mix thoroughly.
Transfer to jar & cover.

Simple Peppermint Toothpaste

Equipment needed: Small Bowl, Stirring Spoon, Measuring Spoon, Eye Dropper, and Sterile Jar w/ Lid

Ingredients:
1 tsp of baking soda
½ of a tsp of sea salt, finely ground
1 drop of peppermint pure essential oil
A few drops of water

Directions:
Combine the ingredients into your small bowl.
Mix thoroughly.
Continue mixing until you have a paste texture.
Transfer to jar.

Vegan Citrus Toothpaste

Equipment needed: Pot, Stirring Spoon, Measuring Spoons, Eye Dropper, and Sterile Jar w/ Lid

Ingredients:
2 tsp of vegetable glycerin
4 Tbsp of baking soda
½ of a tsp of guar gum
8 Tbsp of water
5 drops of citrus pure essential oil

Directions:
Combine the first four ingredients in your pot.
Place over low heat.
Cook mixture for five minutes, stirring thoroughly.
(The mixture should have the consistency of paste.)
Remove from heat & allow to cool.
Now add-in the oil.
Stir.
Transfer to jar and cover.

Coconut-Base Clove Toothpaste

Equipment needed: Bowl, Measuring Spoons, Eye Dropper, Stirring Spoon, Opaque Container w/ Lid

Ingredients:
6 tsp of baking soda
¼ of a tsp of hydrogen peroxide
2 Tbsp of coconut oil (warm enough to be liquid, which means above 76 degrees F)
10 drops of clove pure essential oil

Directions:
Combine the ingredients into a bowl.
Mix until a paste forms.
Use an opaque container to store.

Vanilla & Rose Geranium Toothpaste

Equipment needed: Bowl, Stirring Instrument, Popsicle Stick, Measuring Spoon, Measuring Cup, Eye Dropper, Airtight Container

Ingredients:
½ o f an oz of powdered chalk
3 oz of powdered orris root
4 tsp of tincture of vanilla
15 drops of oil of rose geranium
Honey, enough to make a paste

Directions:
Place all of the ingredients into a bowl.
Mix until you form a paste.
Transfer to airtight container.
Apply to toothbrush w/ Popsicle stick.

Cinnamon and Peppermint Toothpaste

Equipment needed: Immersion Blender, Sterile Jar w/ Lid, Measuring Cup, Measuring Spoons, Eye Dropper, Dark Jar w/ Soap Pump

Ingredients:
½ of a Cup of olive oil
1 Tbsp of coconut oil
2 Tbsp of coral calcium
1 Tbsp of powdered magnesium
2 tsp of Himalayan sea salt
3 Tbsp of raw honey*
20 drops of cinnamon essential oil
20 drops of peppermint essential oil

Directions:
Place your jar in a bowl of warm water.
Add the oils & honey to the jar.
Once the coconut oil has melted, add the minerals along with the salts & oils.
Blend well w/ blender.
Transfer to dark jar w/ soap pump.
Be sure jar is shook before every use.

Coconut Oil Toothpaste

Equipment needed: Bowl, Measuring Spoons, Eye Dropper, Fork, Sterile Jar w/ Lid

Ingredients:
3 Tbsp of coconut oil
3 Tbsp of baking soda
25 drops of peppermint essential oil
1 packet of stevia
2 tsp of vegetable glycerin (optional)

Directions:
Combine the coconut oil & baking soda in a bowl.
Mash w/ fork until the mixture is thoroughly blended.
Now add-in the remaining ingredients.
Mash & stir together until paste is formed.
Transfer to jar.

Clay & Coconut Oil Toothpaste

Equipment needed: Bowl, Saucepan, Hand Mixer, Measuring Cup, Measuring Spoons, Stirring Spoon, Airtight Container

Ingredients:
¼ of a Cup of Redmond clay
⅓ of a Cup of boiling water
2 Tbsp of coconut oil
3 tsp of xylitol
2 tsp of peppermint extract
¼ of a tsp of salt

Directions:
Put the water in a saucepan.
Place over heat & bring to a boil
Combine the clay and salt in a bowl.
Now add the heated water.
Mix using your mixer.
Add-in the remaining ingredients.
Mix well.
Transfer to airtight container.

Rosemary-Mint Mouthwash

Equipment needed: Saucepan, Measuring Cup, Measuring Spoon, Strainer, Airtight Container

Ingredients:
2 .5 Cups of distilled or mineral water
1 tsp of fresh mint leaves
1 tsp of rosemary leaves
1 tsp of anise seeds
1 tsp of tincture of myrrh - Use only if you are making more than one batch

Directions:
Put the water in your saucepan.
Place over heat & bring to a boil.
Now add-in the seeds and herbs.
Allow the mixture to infuse for approximately twenty minutes.
Set the mixture aside to cool.
Pour through a strainer.
Transfer to a container.

Basic Mouthwash

Equipment needed: Glass Jar, Measuring Cup, Measuring Spoon, Eye Dropper

Ingredients:
1 Cup of water,
1 tsp of baking soda
3 drops of peppermint essential oils

Directions:
Place all of the ingredients into your jar.
Mix by shaking well.

Disinfectant Mouthwash

Equipment needed: Measuring Cup, Measuring Spoon, Glass Jar

Ingredients:
1 Cup of water
2 Tbsp of apple cider vinegar

Directions:
Place all of the ingredients into your jar.
Mix by shaking well.

Hydrogen Peroxide Mouthwash

Equipment needed: Jar or Glass

Ingredients:
1 part hydrogen peroxide
1 part water

Directions:
Combine the ingredients in a jar or glass

Herbal Mouthwash

Equipment needed: Saucepan, Pint Glass Jar, Measuring Cup, Measuring Spoon, Cheesecloth

Ingredients:
2 Cups of boiling water
½ of an oz of whole cloves
1 oz of Oregon grape root
1 oz of rosemary

Directions:
Place water in saucepan.
Put over heat and bring to a boil.
Add remaining ingredients & allow the mixture to steep.
Transfer to jar and steep until morning.
Pour through cheesecloth to strain.
Place back in jar.
Store in fridge.
Shelf life is one week.

Essential Tea Tree Oil Mouthwash

Equipment needed. Measuring Cup, Eye Dropper, Glass Jar

Ingredients:
1 Cup of water
20 drops of tea tree oil

Directions:
Place ingredients into glass jar
Shake to mix
Be sure to shake before every use.
Will keep forever.

Homemade Mouthwash

Equipment needed: Measuring Spoon, Measuring Cup, Eye Dropper, Pint Jar w/ Lid

Ingredients:
8 oz of filtered water (or water that has been boiled and cooled)
1 tsp of baking soda
4 drops of Peppermint Essential Oil
4 drops of Tea Tree Oil
5 drops of liquid stevia (if desired)
1 tsp of vodka (if desired)

Directions:
Place all of the ingredients into the jar.
Apply lid and shake to mix.
Shake well before each use.

Mint Mouthwash

Equipment needed: Measuring Cup, Measuring Spoon, Eye Dropper, Repurposed Bottle

Ingredients:
1 Cup of aloe Vera juice
½ of a Cup of distilled water
1 Tbsp of witch hazel
2 tsp of baking soda
20 drops of peppermint essential oil

Directions:
Combine ingredients into the bottle.
Mix by shaking.
Store in dark & cool environment.
Shelf life is two weeks.

Spearmint Mouthwash

Equipment needed: Measuring Cup, Measuring Spoon, Eye Dropper, Saucepan, Bottle w/ Cap

Ingredients:
6 oz of water
2 oz of vodka
4 tsp of liquid glycerin
1 tsp of aloe Vera gel
10-15 drops of Spearmint essential oil

Directions:
Put water & vodka in saucepan.
Place over heat and bring to a boil.
Add-in the aloe Vera and glycerin.
Take the pan off the heat & set aside.
Allow the mixture to cool just a bit.
Now add the oil.
Mix by shaking.
Transfer to bottle and apply cap.

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