

# RECIPE

## INGREDIENTS

6 tbsp coconut oil

6 tbsp baking soda

25 drops essential oil  
(peppermint/grapefruit/eucalyptus  
or choice)

1 tsp stevia sweetener

## METHOD

1. Mix all ingredients together in a bowl until smooth and creamy.
2. Pour into a clean sterilized jar and seal until ready to use.
3. Use a spoon to put paste onto brush

## SHOPPING LIST

Coconut oil

Stevia Sweetener

Baking soda

Essential oil of choice