



Want to make your own mouthwash?

“You can—while keeping your teeth clean in the process. Making your own mouthwash and experimenting with different ingredients is a fun activity that’s good for your mouth. Here is everything you need to know.

Ingredients:

All it takes to get started is two common household ingredients!

- 2 tsp of Baking Soda
- ½ cup of distilled water

Instructions:

- Fill a container with ½ cup of distilled or purified water
- Drop in 2 tsp of baking soda
- Stir gently until the baking soda is well mixed in

- Store your mouthwash in a sealed container until you are ready to use
- When ready to use, stir or shake in the container – during storage the baking soda will settle at the bottom of the container, so you need to re-mix it before use
- Swish and rinse with the mouthwash for 30 seconds, and avoid swallowing
- Don’t forget to brush and floss during your routine!

Why Baking Soda?

Baking soda might not be your first thought when it comes to mouthwash, but it is a proven antibacterial and antimicrobial (and it has been a major ingredient in toothpastes for a century).

Bonus: Spice it up!

For some extra fun, you can experiment with adding things like turmeric, peppermint oil, or tea tree oil to your mouthwash.



Turmeric: Add ½ teaspoon of turmeric to your mouthwash! This super spice can help treat gingivitis and even reduce tooth pain.



Peppermint Oil: Add 2 drops of peppermint oil to fight bad breath! Peppermint fights bacteria and fungus in the mouth and has a host of other health benefits!



Tea Tree Oil: Add 2 drops of tea tree oil to fight tooth decay! Research shows tea tree oil can help fight germs that lead to tooth decay, so try it out!