



HOMEMADE

Toothpaste

Luminous Lifestyles ©

Ingredients

- 1 x cup organic coconut Oil
- 2 x Tblspn bi carb soda
- 1 x tspn activated Charcoal powder (optional)
- 4 x Blackmores Professional Silica and Calcium Fluoride Cell minerals
- 3 x Organic stevia tablets
- 2 x drops pure clove essential oil
- 2 x drop pure peppermint essential oil
- 1 x drop pure myrrh essential oil

Method

- Grind blackmores cell minerals with stevia. I use a mortar and pestle
- Mix in a bowl with bicarb soda, coconut oil, charcoal (if using)
- Once all mixed together add in Essential oils and mix thoroughly. (I use doTERRA essential oils)

love
Cindy