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Clove mouthwash recipe

Make your own Clove Mouthwash using just two ingredients - cloves and water - for pennies. This zero-waste recipe is easy, natural and budget-friendly, perfect for those looking to cut expenses on personal care products.The cost of the ingredients is as follows: a 1.3oz jar of whole cloves costs $2.98, which makes approximately 6.5 tablespoons of mouthwash. The price per serving comes out to be just $0.014, significantly cheaper than store-bought mouthwashes.To make this clove mouthwash, you will need cloves and water. Cloves can be found in the spice aisle of most grocery stores, while water is readily available. You can use filtered or organic cloves if desired.To make the mouthwash, bring a small amount of water to a boil and then add the whole cloves to a heatproof container. Let it steep for about 20 minutes before straining out the cloves. The prepared mouthwash will keep in a sealed container for up to a month.This recipe has several health benefits due to the properties of clove, including antibacterial, antimicrobial, analgesic, anti-inflammatory, and freshening breath. Clove can help kill harmful bacteria in the mouth, promote oral health, alleviate toothaches and gum pain, reduce inflammation in gums and tissues, and even help with gum disease treatment.You can customize this recipe by adding other ingredients like peppermint leaves, cinnamon sticks, orange peel or rosemary to create different flavors.Without relying on artificial fragrances or additives, clove's unique combination of properties makes it an effective and natural ingredient for promoting oral health and fresh breath. To create a frugal mouthwash at home, simply combine whole cloves with water. Boil the water, then steep the cloves in it for 20 minutes. Strain the mixture and pour into a clean container. Swish one tablespoon of the mouthwash for 15-30 seconds before spitting it out. You can use this homemade clove mouthwash up to two times a day.Looking for ingredients safe for bath bombs? This recipe is completely optional but offers the color desired with minimal usage. Choose your favorite colors and add any dried ingredients like orange peel. This recipe creates a full spa experience in one bath bomb, perfect for those with sensitive skin or allergies to perfumes and fragrances. To make it allergy-friendly, simply omit the essential oils and colorants. The ingredients used are safe even for kids' sensitive skin, but do remember to patch test before use.When making these bath bombs, be aware that the Epsom salt is a small amount and can help relieve constipation. However, keep an eye on young children's time in the bath, limiting it to 20 minutes for those under 10 and avoiding bath bombs with kids under 3 altogether.Troubleshooting tips: if your mixture starts fizzing too much when adding liquid, slow down the process and add it very gradually. This reaction is normal, but you can still end up with a fizzy bath bomb even if it fizzes excessively.To store these homemade bath bombs, keep them in an airtight container to prevent moisture from getting in. They'll last for at least six months when properly stored.Here's the full recipe: In a large bowl, combine corn starch, citric acid, Epsom salt, baking soda, mica powder (optional), and dried orange peel. Whisk until everything is well incorporated.In a separate small bowl or measuring cup, whisk together coconut oil, essential oil, and water. Very slowly add this mixture to the dry ingredients, being careful not to make it fizz too much. Mix until the consistency resembles wet sand, then transfer the mixture into bath bomb molds.Overfill the molds slightly so that the two halves stick together when pressed together. Allow the bath bombs to dry for at least 24 hours before removing them from the molds. Store them in an airtight container or wrap them in plastic wrap.To use your homemade bath bombs, simply drop one into water and watch it fizz and dissolve. Feel free to experiment with different essential oils and mica powders to create unique scents and colors. For an extra special touch, you can even press a toy into the middle of the bath bomb before sealing it.We're excited to share our easy DIY natural mouthwash recipe with you! After learning about the heart health risks associated with antiseptic mouthwashes, we decided to make a change and start making our own natural mouthwashes.According to Dr. Nathan Bryan, Ph.D., poor oral hygiene and the use of antiseptic mouthwash can disrupt nitric oxide production, putting patients at risk for cardiovascular disease (CVD). In fact, studies have shown that antiseptic mouthwashes may eliminate "bad breath" but also kill off beneficial bacteria, which can lead to increased blood pressure.That's why we're sharing our homemade Clove and Cinnamon mouthwash recipe, which is easy to make and offers a healthy alternative to commercial mouthwashes. This recipe is basically a decoction, where you simmer plant parts in water for 20 minutes.Here's what you'll need:* 10g Cinnamon sticks* 2 tbsp Dried whole cloves* 1 tbsp Sea salt (we use Himalayan)* 1000ml Drinking water (non-tap preferred)To make it, bring the water to a boil in a pot and simmer the salt, cinnamon sticks, and cloves for 20 minutes while covered. Then, turn off the heat, smash your mint leaves, and add them next. Let it sit covered with heat turned off for 5 minutes, letting the mint infuse.The finished mouthwash recipe is complete and ready to pour into a container. We normally use a large glass jar with lid, but you can also store it in a cup or jar like olives. As for refrigeration, it's not necessary, but we keep ours in the fridge to extend its shelf life.This homemade mouthwash is quick, easy, and effective, making it a great alternative to commercial products. Give it a try and say goodbye to antiseptic mouthwashes!The shelf life of this mouthwash recipe can be extended due to the natural preservative properties of salt. In fact, it remains effective even at room temperature for a month or more. This was confirmed during our trip to Oaxaca, Mexico, where we experienced the subtropical heat of Huatulco and still managed to use up the mouthwash without any issues. The cinnamon clove mouthwash recipe is a natural alternative to commercial products, and its effectiveness can be attributed to the antimicrobial properties of cinnamon.The choice between Ceylon and Cassia cinnamon for this recipe comes down to personal preference. Cassia has a stronger flavor, while Ceylon is milder and sweeter. For medicinal purposes, Ceylon is preferred due to its lower coumarin content. In our recipe, we use Cassia cinnamon sticks.When it comes to sourcing organic cinnamon sticks, there are several reputable suppliers available online. CEYLON offers USDA-certified organic farm-sourced cinnamon sticks from Sri Lanka, while Starwest Botanicals provides high-quality Cassia cinnamon products.Cloves are also used in oral care herbal recipes like this mouthwash recipe, thanks to their antimicrobial properties. The dried flower buds of the Clove tree (Syzygium aromaticum) are harvested from the Maluku Islands in Indonesia and have a long history dating back to the "Spice Islands" near China.Clove buds are a top choice herb for various health benefits including dental, digestive, and anti-inflammatory uses. They contain eugenyl acetate, -caryophyllene, and -humulene, which make up at least 50% of the compound, while the remaining 1040% consists of other essential oils. When it comes to oral health, clove buds are a popular choice due to their antimicrobial properties. To source organic cloves, look for reputable brands on Amazon or online marketplaces like Simply Organic or Starwest Botanicals. These brands offer high-quality, USDA-certified organic cloves that are free from heavy metals and meet strict processing standards. Cloves are rich in antioxidants and magnesium, which may support brain and bone health. They also have a warm, woodsy flavor and can be used in various recipes, including Indian food and baked goods. Some essential oils like clove and cinnamon are highly recommended for oral care due to their antibacterial properties, which can help reduce gum disease and bad breath. However, it's worth noting that not all Himalayan salt is equal, and the quality can vary greatly depending on the mining method and processing. To avoid controversy, some people prefer to use Celtic sea salt instead, which has a more natural and sustainable production process.SaltWorks Ancient Ocean Himalayan Pink Salt, Fine Grain, 5 Pound Bag VERSATILE GRAIN SIZE ideal for cooking, baking & salt shakersCOMPARABLE to table salt grain sizeDISSOLVES QUICKLY and fully, mix Ancient Ocean with dried herbs ÐICALLY SOURCED and certified authentic from the most mineral richKOSHER CERTIFIED, not to mention organic compliant, all-natural,Whole Cloves Make a Great Natural MouthwashThe benefits of using whole cloves as a natural mouthwash are numerous. Peppermint and cinnamon sticks can be added for extra flavor.Clove has antibacterial properties that kill bacteria in the mouth.It is also antimicrobial, analgesic, anti-inflammatory and helps to freshen breath naturally.This is an easy recipe that is very cheap and zero wasteIngredients:1 tablespoon whole cloves 1 cup water

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