

Excerpt from: *The Beginners' Book of Essential Oils, Learning to use your first 10 oils with confidence*

by Christine J. Dalziel

<http://joybileeFarm.com/farm-store/the-beginners-book/>

Amazon: <http://www.amazon.com/gp/product/B00WYKIB8W>

## Ironing spray

### *Ingredients:*

10 drops of lavender essential oil

750 ml filtered water

Spritz bottle with spray nozzle

### *Method:*

Fill spray bottle with filtered water. Add lavender essential oil to a spray bottle. Cap tightly with the spritz nozzle. Shake well. Use this to spray linen tablecloths and pillow cases before ironing. It will make the job of ironing more pleasant and keep your linens smelling fresh and clean. Use if for dress shirts and other washable clothing. The essential oil will not mark your clothing.

**Bonus:** Lavender essential oil is a moth repellent and will protect your clothes from miller moths and clothes moths. It is also relaxing and will induce pleasant relaxation when used on pillow cases and table linens.

For those who are allergic to lavender essential oil, marjoram essential oil has similar effects and can be used instead.

## Remineralizing Tooth Powder

*This remineralizes, reduces bacteria, and strengthens and tonifies gums and soft tissue in the mouth, reducing pain and inflammation. While not a substitute for seeing your dental professional, it is a home remedy that is within reach of everyone.*

### *Ingredients:*

3 tbsp. calcium carbonate

2 tbsp. bentonite clay

1/2 cup baking soda

1/4 cup Himalayan salt, whirled in your spice grinder until a fine powder

1 tsp. peppermint eo

10 drops myrrh eo,

10 drops tea tree eo

### *Method:*

This tooth powder has no fillers. Every part is essential. Initially buying the ingredients may seem expensive, but it will give you many months of dental hygiene for your efforts.

Use glass, or wood to mix this tooth powder. Bentonite is reactive to metal. Mix calcium, clay, baking soda, and Himalayan salt in a glass bowl. Blend it thoroughly. Add peppermint eo, myrrh eo, and clove eo and mix well.

Divide between two 4 oz. glass jars. Cap tightly.

**To use:** Moisten toothbrush with water and dip into the powder. Brush as you would brush with toothpaste. Spit out the mixture when you are done brushing your teeth. Do not swallow. Rinse with warm water.