

TEETHING OIL

Teething Oil to calm your gums and soothe your teeth!

SERVINGS	CONTAINERS	TIME TO MAKE
1-2 OIL DROPS	2 oz DROPPER JAR	5 MINUTES

INGREDIENTS

- 2 drops Clove Oil*, organic essential oil
- 2 Tablespoons Fractionated Coconut Oil, you can use EVOO as well

DIRECTIONS

1. Using a darker dropper bottle* and proper funnel, pour 1 tablespoon of oil of choice.
2. Using an organic essential clove oil, carefully drop 2 droplets into container.
3. Add the last 1 tablespoon of oil.
4. Place dropper on bottle and seal it closed.
5. Shake up and use when needed.
6. Placing 1-2 drops of oil on a Q-tip and rub onto gums/sensitive tooth
7. Wash hands well to avoid any contamination
8. Enjoy some sweet sleeps!

TIPS

*Clove oil is a strong oil and more than this can cause burns, always wash any area other than the gums/tooth with warm water and soap to avoid contamination

**Using a dark dropper bottle helps retain the oils from degradation