

# *Bark Sarvy 's Make & Create: Doggy Make & Take*

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## Make & Take Items

1. Oatmeal Shampoo	\$1.60-1.70
2. Stinky Dog Spray	\$1.51
3. Ear Cleaner Wipes	\$1.50
4. Coconut Toothpaste	\$1.44

## Oatmeal Shampoo

½ c. Oatmeal	\$.23
½ c. Baking Soda	\$.18
2 tsp. Castile Soap	\$.12
5 Drops Essential Oil of your choice	\$.37-\$.47
~1.5 c. Distilled Water	\$.05
16 oz. Mason Jar (Walmart)	\$.65
<b>Total Cost:</b>	<b>\$1.60-1.70</b>
<b>Refill Cost:</b>	<b>\$.95-1.05</b>

Instructions: Grind up oatmeal to flour consistency in food processor. Add ground oatmeal, baking soda, castile soap, and essential oils to mason jar. Fill rest of the way with distilled water. Settling is normal, shake before use.

## Stinky Dog Spray

6 oz. Distilled Water	
3 drops Lavender EO (\$.094 ppd*)	\$.28
3 drops Purification EO (\$.075 ppd*)	\$.22
Pinch of Epsom Salt	\$.01
6 oz. Spray Bottle (Walmart)	\$1.00
<b>Total Cost:</b>	<b>\$1.51</b>
<b>Refill Cost:</b>	<b>\$.51</b>

Instructions: Mix all ingredients into spray bottle and enjoy!



### Ear Cleaner Wipes

1/3 c. Witch Hazel	\$ .24
3 tbsp. Hydrogen Peroxide	\$ .03
1 tbsp. Apple Cider Vinegar	\$ .11
3 drop Lavender EO (\$.094 ppd*)	\$ .28
10 Cotton Squares	\$ .14
4 oz. Mason Jar (Walmart)	\$ .70
Total Cost:	\$ 1.50
Refill Cost:	\$ .80

Instructions: Place cotton squares in mason jar. Combine all ingredients and pour over cotton squares.

### Coconut Toothpaste

¼ c. Coconut Oil	\$ .45
2 tbsp. Baking Soda	\$ .04
3 Drops Peppermint EO (\$.086 ppd*)	\$ .25
4 oz. Mason Jar (Walmart)	\$ .70
Total Cost:	\$ 1.44
Refill Cost:	\$ .74

Instructions: Combine all ingredients in mason jar. Put pea size amount onto doggy toothbrush or gauze and brush!

- ♥ All recipes can be altered for your preferences
- ♥ All ingredients, unless otherwise noted, were priced and purchased at HEB.
- ♥ ppd- Price per drop using member wholesale pricing

### Notes on using Essential Oils on Pets

- ♥ Oils can be used topically, aromatically or, in some cases, internally
  - Topically: start with 1-2 drops and dilute with coconut oil when first introducing oils. Keep away from eyes. Paws are a great place to apply!
  - Aromatically: diffuse in a diffuser or wear on your person when around your pet
  - Internally: some oils can be mixed into water or food
- ♥ High-phenol oils such as Thyme and Oregano should be avoided
- ♥ Use caution when using citrus oils on cats
- ♥ Take your dog's size into consideration; Smaller pets need less oil