

Bath Salts

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Great for DIY gifts!

- 1 cup Epsom salt
- 5-10 drops essential oil (peppermint, lavender, eucalyptus, citrus – whatever your favorite is!)

OPTIONAL INGREDIENTS

- 1 Tbsp almond, coconut or jojoba oil (softens skin)
 - 1/4 cup sea salt (detox, replaces lost minerals)
 - 1/2 cup baking soda (softens skin)
1. Mix epsom salt and oils together and make sure oils are dispersed throughout salt. Store in an airtight container. Use 1/4 cup per bath
 2. OPTIONAL – If using optional ingredients, mix all dry ingredients, add oil and essential oils and mix well.
 3. Easy to double, triple, etc.
 4. Watch the video to hear about what types of oils help with certain things!

Gifts

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