

Bath Salts

You'll need

1. 1 cup Epsom Salt
2. 2/3 cup Sea Salt
3. 1/3 cup Baking Soda
4. Essential Oils
5. Jar For Storage
6. Spoon (Not included)
7. Bowl (Not included)



Instructions

1. Grab a bowl!
2. Take 1 cup Epsom salt, 2/3 cup sea salt and 1/3 cup baking soda.
3. Combine with spoon.
4. Add 10 drops of essential oil.
5. Combine with spoon.
6. Transfer to jar.
7. Seal for 24 hours to allow oils to absorb into salts.
8. Add to warm bath water and relax!