



Bath Salts

Ingredients:

- Epsom Salt
- A pure essential oil of your choice (lavender is my favorite for the bath)
- ½ pint mason jars or other container

Instructions:

1. Fill ½ pint mason jars about 2/3 full with Epsom salts (about ½ cup into each jar).
2. Leave 1 inch headspace – so you can shake the jar.
3. Add 4-5 drops of pure essential oil to each jar.
4. Cover and shake the jar to distribute.
5. Label with instructions on how to use – pour the entire jar (about ½ cup of Epsom salts) into a warm bath and soak.