



OAT, MILK & HONEY BATH SOAK – FORMULATION GUIDE

HOW TO FORMULATE YOUR BATH SOAK

Making your bath soaks couldn't be simpler; you need to choose your ingredients and mix them together. However, you do need to carefully choose your blend of salts, as the ingredients you choose can greatly change the look and feel of the finished product. Follow this guide to help you craft your bath soaks.

CHOOSING YOUR SALT BLEND

You might assume that one salt is much like another; however, some salts will result in a "wetter" finished product, so you will need to keep these to a minimum.

Your assessment allows you to use several types of salt; you can create your blend using the permitted salts in any ratio (e.g., you might want to just use a single salt, this is fine. But you may also use a blend of all of the permitted salts).

The following salts may be used:

- 1) Himalayan Salt, Rock Salt, Granulated Table Salt (Sodium Chloride)
- 2) Epsom Salts (Magnesium Sulfate)
- 3) Magnesium Chloride
- 4) Sea Salt (Maris Sal / Sodium Chloride)
- 5) Bicarbonate of Soda (Sodium Bicarbonate)

It is highly recommended that you keep the use of Magnesium Chloride to a minimum and do not blend it with Epsom salts. When used it can attract a lot of water to the product, making it damp. Also, when blended with Epsom Salts, it may cause water from the Epsom salts to leak out dissolving the other salts in the mix. I would recommend using no more than 5% magnesium chloride in your salts, and do not use any if you are using Epsom salts.

Our recommendation with salts is to use mostly Epsom Salts, Himalayan or Rock Salts, Bicarbonate of Soda or Sea Salt.

ADDING YOUR MILK

You may use dried milk (you can also leave this out completely). I would not recommend using milk at all if you are using Magnesium Chloride.

You have the option to use both animal-derived and plant-based milks and you may use a blend of multiple milks in your blend. Coconut milk makes for the “creamiest” bath soak and is our favourite to use in this product.

OPTIONAL EXTRAS

We have a large selection of optional extras you can add to make a truly unique and indulgent product.

You can add **dried honey** to the soak. Honey is an excellent humectant and will help nourish and moisturise the skin.

You can use **oats** (either oat flour or whole oats, or a combination of both!). Oats are a lovely skin soother – using some in your blend will help sooth and nourish the skin.

Botanicals do not have any real benefits for the skin (when used in a bath soak), but a small amount distributed through the salts looks fantastic. They may also complement the fragrance and make the product more eye-catching and look more “high-end”. We suggest using a small amount to increase the aesthetic appeal of your bath soak.

SLSa is a foaming agent and a surfactant. It is derived from plant material, but is not 100% natural. It does add foam to the bath when added to the soak, so can make the product more indulgent. However, if you want to craft a completely natural product you may want to leave this out.

We think it is a great addition to a bath soak and adds an extra element to the product.

Mica is a great option if you want to add vivid and eye catching colour to the product. Try blending a small amount of salt with some mica and mix it in a larger batch to add a small flash of colour in the product.

Clays can add colour, but are also great on the skin. A small amount of clay can help soothe the skin. It is also useful as a carrier for the essential oils.

Tapioca starch is a natural, ultra absorbent additive that is s useful addition to the bath soak. Mix your essential oils with the tapioca starch before blending with the salts

to help the salts retain the fragrance and help the essential oils blend evenly throughout the product. (It will also help minimise “dampness” building up in the salts.

Polysorbate 80 is a plant-derived solubilising agent. It helps oils disperse in water and helps them rinse away afterwards. You aren't using a great deal of oil or insoluble ingredients in this bath soak, so you can safely leave it out. However, if you want the essential oils to blend in the bath water (and not sit on the top of the water), you will want to include it. It will also stop the essential oils clinging to bathtub when you take the water out.

SUGGESTED RECIPE

INGREDIENTS	AMOUNT (to make 100g of product)
HIMALAYAN SALT	35g
MILK POWDER	25g
EPSOM SALTS	15g
BICARBONATE OF SODA	15g
ESSENTIAL / FRAGRANCE OIL*	3g
TAPIOCA STARCH	3g
POLYSORBATE 80*	2g
BOTANICAL*	2g

*** OPTIONAL / FLEXIBLE INGREDIENTS (your assessment will specify if you can use these)**

METHOD

- Weigh all your dry ingredients and mix well. Sometimes (if making a larger batch) it is easier to mix with your hands to ensure they are fully blended. *I would wear gloves if mixing with your hands. Some salt flakes can be quite sharp - use caution.*
- Weigh your liquid ingredients and mix well.
- Add your liquid ingredients to the dry ingredients and ensure they are fully blended. Used gloved hands to make this easier. You might find it easier to mix the liquids with the tapioca starch before blending with the salt and milk.
- Break up any clumps that might form and mix well enough to ensure the oils are evenly distributed throughout the salts.

USE

- Add to running bath water and ensure the product is fully dissolved.

LABELLING YOUR PRODUCT

You must include a list of ALL of the ingredients included in your product. You must list the INCI name of each ingredient, in order of the highest to lowest. You must also include the allergens present in the product >0.01%. Using the suggested recipe as an example, the ingredients list would appear as below:

INGREDIENTS: Sodium Chloride, Cocos nucifera fruit extract, Magnesium sulfate, Sodium bicarbonate, Parfum, Tapioca starch, Polysorbate 80, Lavandula angustifolia flower. **ALLERGENS**