



BATH SALTS

This recipe makes enough for one to two baths.

It can be stored for a couple of weeks, so you can increase the recipe to make enough for a few baths and store in a glass jar.

I recommend making a fresh blend every few weeks.

INGREDIENTS

50gm Epsom Salts

Botanicals of choice (ie. rose petals, lavender flowers, chamomile flowers) approx 1/2 cup depending on how many floaties you like in the bath!

Essential Oils of choice 5 drops (if making for kids essential oils are not necessary)

5ml carrier/vegetable oil ie. jojoba, olive oil.

Large glass jar for mixing storing.

Procedure

Place epsom salt in glass jar.

Add chosen botanicals to epsom salt and mix through.

In a separate bowl mix the jojoba and essential oils together. Add mixed oils to epsom salts and botanicals and mix together really well. This is best done with stainless steel spoon.

OTHER INFO

We do not recommend these products as a replacement for traditional medicine.

Do Not Ingest.

Do Not Use Undiluted.

Keep Out Of Reach Of Children.

Discontinue Use If Irritation Occurs.

www.harrietherbery.com.au