

# Bath Soaks **Muscle Soak** 9 oz Glass Jar



Vermont Lavender LLC photo ©

March 30, 2022

Yield: Fills Four 8 oz Jars - approximate

Prep: 15 minutes

Time: 20 minutes

1. 30 oz. White premium bath Spa salts – San Francisco Salt Company
2. 10 oz. Pink Himalayan Sea Salt, Fine grain
3. 4 oz. Dendritic Salt
4. 2 oz. Epsom salt – medium grain
5. 10 Drops Peppermint essential oil 2<sup>nd</sup> distilled
6. 10 Drops Eucalyptus essential oil (Radiata or Globulus)
7. 1 ml (about 20 Drops) Lavender essential oil
8. In a large mixing bowl, combine all the different bath salts. Mix together.
9. Add the Essential oils and oils. Use your hands to thoroughly mix in.
10. Transfer the salt to the 8 oz jars or any size glass jars.
11. Label and package for sale or home use

\*This recipe can be cut in half if only making for home use.

Recipe Disclaimer:

*We are not responsible for the products you create from this recipe.*

*You alone are responsible for product and recipe testing to ensure compatibility and safety.*

Recipe is a propriety blend of Vermont Lavender, L.L.C. ©

# Bath Soaks **Lavender Soak** 9 oz Glass Jar



Vermont Lavender LLC photo ©

March 30, 2022

Yield: Fills Four 8 oz Jars - approximate

Prep: 15 minutes

Time: 20 minutes

1. 30 oz. White premium bath Spa salts
2. 10 oz. Pink Himalayan Sea Salt, Fine grain
3. 4 oz. Dendritic Salt
4. 2 oz. Epsom salt – medium grain
5. 1 ml (about 20 Drops) Lavender essential oil
6. 1 ml (about 20 Drops) Lavandin essential oil
7. In a large mixing bowl, combine all the different bath salts. Mix together.
8. Add the Essential oils and oils. Use your hands to thoroughly mix in.
9. Transfer the salt to the 8 oz jars.
10. Label and package for sale or home use

\*This recipe can be cut in half if only making for home use.

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