

## **SIMPLE BATH SALTS**

Mix together ½ and ½ Epsom Salts & Baking Soda. To add the fragrance, put your choice of essential oil on a cotton ball and stirred it through the mixture to avoid clumping that occurs if you just drop in oil.

If you want to add color (as in lavender for lavender scent) use a quality powder eye shadow (you can get some lovely ones at a health food store) and stir in (for the same reason...if you use food coloring, it can clump.) Once the cork or cap is on whatever you put it in, tie dried flowers and/or ribbons around the neck of the jars. If using them with clients, consider tying on your business card or making a decorative label with your contact information.

Note that you can also use sea salt, or rock salt.

Another method:

Use any of the above-mentioned salts, vegetable glycerine to make the salts shine & distribute the color evenly, food coloring (can get them from craft stores), and essential oil. Can use coloring to enhance the effect of the fragrance: blue for healing, red for love, green for abundance, etc.

**INSTRUCTIONS:**

Put a few ounces of the salts in a plastic bag, add 7-15 drops of oil - depending on the strength of the oil. Add a few drops of corresponding color, and add a few drops of glycerine. Shake until well mixed, then pour into a container & decorate,

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