



Basic bath salts

1 cup Epsom salts

1 cup Dead Sea salt

20 drops fragrance or essential oil

10 drops food colouring (optional)

Place all the ingredients in a large bowl and blend until you are happy with the colour.

Pour the salts into a clear glass jar with a tight-fitting lid. Shake every day for a week.

To use in a bath: Add $\frac{1}{4}$ cup of the salts to running water.

Floral bath salts

1 cup Epsom salts

1 cup Dead Sea salt

10 drops German chamomile essential oil

5 drops ylang ylang essential oil

3 drops clary sage essential oil

10 drops green food colouring

Place all the ingredients in a large bowl and blend until you are happy with the colour.

Pour the salts into a clear glass jar with a tight-fitting lid. Shake every day for a week.

To use in a bath: Add $\frac{1}{4}$ cup of the salts to running water.

Fresh flower bath salts

10 drops bergamot essential oil

5 drops jasmine cosmetic essential oil

5 drops rose fragrance oil

10 drops red food colouring

Place all the ingredients in a large bowl and blend until you are happy with the colour.

Pour the salts into a clear glass jar with a tight-fitting lid. Shake every day for a week.

To use in a bath: Add $\frac{1}{4}$ cup of the salts to running water.

Old rose bath salts

10 drops rose fragrance oil

3 drops lavender essential oil

2 drops clove bud essential oil

10 drops red food colouring

Bath milk

1 cup powdered instant milk

1 tbsp orris root powder

1 cup Dead Sea salt

10 drops jasmine cosmetic essential oil

7 drops ylang ylang essential oil

5 drops bergamot essential oil

Place all the ingredients in a large bowl and blend well.

Pour the salts into a clear glass jar with a tight-fitting lid. Shake every day for a week.

To use in a bath: Add $\frac{1}{4}$ cup of the salts to running water.