##### BATH SALTS



SUPPLIES

4 or 8 oz Glass Jars

4 or 8 oz Coarse Sea Salt or Epsom Salt V-6 Vegetable Oil to desired saturation 15-20 Drops of YL Essential Oils

PREPARATION

Mix all ingredients in glass container. Add to hot bath. Enjoy!

Bath Blends to try…… Nighty Night

10 drops Lavender EO

5 drops German or Roman Chamomile EO

Soothe My Soul

5 Drops Geranium EO 5 Drops Lavender EO

5 Drops Inner Child, Dream Catcher or Ylang Ylang EO

**Stress Be Gone**

5 drops StressAway 15 drops Jade Lemon

**Breathing Better Already**

10 drops Eucalyptus Radiata or Globulus or (RC blend) 5 drops Rosemary

3 Drops Peppermint

**Little Snifflers Soak**

10 drops Kidscent SniffleEase 5 Drops Lavender

5 Drops RC

**Lavender & Oatmeal Bath Salts**

1 cup Epsom Salt 1 cup Oatmeal

1 Tbsp. Dried Lavender

20 Drops YL Lavender Essential Oil