

Salt Bath Recipes

Ingredients:

- 3 parts Epsom salts
- 2 parts baking soda
- 1 part table salt (Dead Sea Salts or borax)
- Essential Oils

Mix thoroughly using your hands to stir the ingredients. This is now the base from which you can create a wide variety of bath salts.

Now add the essential oils drop by drop, one ingredient at a time, until the scent seems right. Using your hands and fingertips, mix it until all salt particles are moistened.

To use, add from 2 tablespoons to one-half cup of the bath salts to a full tub. Mix with your hands into the water. Relax and enjoy.

Dead Sea Salt Bath Recipe

Rich in mineral salts found along the shore of the Dead Sea they are unique in character and famous for their healing and therapeutic properties. The therapeutic powers of Dead Sea Natural Mineral Salt Crystals help to relieve aches and pains, prevent stiffness after exercising, relaxing the muscles.

Epsom Salt

Epsom Salt is a natural magnesium sulfate. The therapeutic values of Epsom Salt are well known including aiding the well-being of the skin, detoxification and the soothing of swollen body parts. Combined with our pure essential oils this bath salt is truly wonderful.

Relaxing herbal Salt Bath Recipe:

A concoction of salts and aromatic flowers, herbs or oils can be added to the bath for a wonderful soak at bedtime.

Although many salts are suitable, simple sea salt is used for this mixture

Chamomile is widely recognized sedative; for the following bath is has been combined with sweet marjoram, which is an effective treatment for insomnia.

As well as having a sedative effect, the bath salts will heal and stimulate the skin.

Chamomile bath salts recipe:

500 grams / 1 and a quarter lb / 2 and a half cups of: coarse sea salt
10 drops chamomile essential oil
10 drops sweet marjoram essential oil

Combine all the ingredients, mixing well with a wooden spoon, and pour into a glass jar with a lid.

Place the lid on firmly and store in a cool place.

Add two heaped tablespoons of salts to the bath, pouring them under the hot tap as the water runs.