

wellness Recipe

Lavender Herb Bath

Use lavender in soothing and calming bath salts to relieve tension, stress, and to aid in sleep. To make 12 ounces of lavender bath salts mix in a non-reactive bowl or glass jar.

INGREDIENTS

½ cup Epsom salt
½ cup dead sea salt
½ cup oatmeal (powdered)
1 tablespoon dried lavender buds
1 tablespoon olive oil
8-10 drops of lavender essential oil

INSTRUCTIONS

- Combine the ingredients and mix well.
- Transfer it to a mason jar with a lid and let it rest for a few days so the essential oils are incorporated.
- Add a handful of lavender bath salts to warm bath water.

