



BATH SHOTS

RELAXING BOTANICAL SOAK

Layer 1-2 drop of oil per 2 tsps. of your choice of dry ingredients and top with botanicals.

Dry Ingredients:

- *Himalayan Salt
- Dead Sea Salt
- Black Lava Sea Salt
- Epsom Salt
- Frankincense Resin
- Bee Pollen
- Baking Soda
- Ground Oats
- Powdered Milk

Botanicals

- Rose buds
- Lavender buds
- Chamomile buds
- Calendula flowers
- Peppermint leaves

Essential Oil

6-10 drops essential oil
per 45ml test tube



Separately layer 2 tsp. of powdered choices at a time into glass tube (choose contrasting colors). Add 1-2 drops of essential oil after each 2 tsp. addition. Lastly top with botanicals of your choice and seal cork. When ready for a soak, just empty tube into muslin drawstring bag and steep in tub with hot water for a luxurious, aromatic experience.

OIL SUGGESTIONS: Lavender, Joy, Stress Away, Cedarwood, Frankincense, Valor, Sensation, Peace & Calming

UPGRADES: Ylang Ylang, Neroli, Jasmine, Present Time, Sandalwood, Sara, Three Wise Men, Vetiver, Dragon Time, Chamomile, White Angelica, or Rose

*Salts may be coarse or fine.