



BATH SHOTS

RELAXING BOTANICAL SOAK

Layer 2-3 tsp. of Your Choice of Ingredients into 45 ml Test Tubes

Dry Ingredients:

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

Botanicals

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

Essential Oil

6-10 drops essential oil
per 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, Present Time, Sandalwood, Sara, Three Wise Men, Jasmine, Vetiver, Dragon Time, Chamomile, or Rose, White Angelica