

# Bath Salts Recipes

You may need to adjust recipes according to amount of guests and containers used. {Recipes adapted from the [www.theidearoom.net](http://www.theidearoom.net)}

## Sugar & Spice Bath Salts

- 3 c. Epsom Salt
- 2 c. Baking Soda (softens skin)
- 1 c. Sea Salt
- 2 1/2 T Brown Sugar
- 1 1/2 t Cinnamon
- 1/2 t Cloves
- 1/2 t Ginger

Mix well in a bowl. Fill cute jar, bag, etc.

## Lavender Bath Salts

- 3 c. Epsom Salt
- 2 c. Baking Soda (softens skin)
- 1 c. Sea Salt
- 2 - 4 drops Lavender Essential Oil
- 1/2 cup Dried Lavender (optional)

Mix all ingredients in a bowl. Let the bath salts dry overnight before placing in containers.

## Lemon Bath Salts

- 3 c. Epsom Salt
- 2 c. Baking Soda (softens skin)
- 1 c. Sea Salt
- 2 - 4 drops Lemon Essential Oil
- 3 T. Lemon Zest (optional)

Mix all ingredients in a bowl. Let dry overnight. Place in containers.