

lavender bath salts recipe printable ©

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Lavender bath salts recipe +

video tutorial

ingredients

dried lavender

epsom salts

100% pure essential lavender oil

mason jars or a suitable container



Directions

- work out how much epsom salts you have, I put mine in the jars first to measure
- then once you know how many jars you can make
- put the epsom salt back in a bowl
- add 8-10 drops of lavender essential oil, per jar
- add 1 to 2 tbsp of dried lavender per jar and mix all together
- fill each jar with the lavender bath salts

Drying lavender

- if you use fresh flowers like I have, please make sure they are dried out well
- you can pop them in a low oven for 2 hours, 225 fahrenheit
- or air dry for a week or 2 in a dry, warm dark place
- if you cant wait for your lavender to dry just use the bath salts straight away
- (this is so the moisture from the flowers aren't leaked into the salts)

