

DIY Essential Oil Bath Salts Recipe From Jenean Jessen



Bath salts are an incredible way to moisturize, exfoliate, supplement magnesium, AND relax. These fizzy Peppermint bath salts also give the added bonus of a fun fizzle, similar to popular bath bombs!

Ingredients:

3 cups Epsom salts

2 cups baking soda

1 cup citric acid

15 drops of peppermint essential oil

½ tsp of red food coloring (optional)

Instructions:

In a dry bowl, combine the salts, essential oil, and food coloring until thoroughly combined. Then add baking soda and citric acid until completely mixed together. Divide into airtight containers into however many servings you would like (I usually do 3-4).

*Be sure to store these in a DRY environment or the fizziness will deactivate.

To Use:

Pour desired amount into a warm bath and RELAX!

(Note that you can prepare these like bath bombs if you have molds. If you do not care for the fizzle, omit the citric acid and just simply mix everything together!)