



## 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

#### *Botanicals*

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

#### *Moisture Blend*

- Colloidal Oats
- Powdered Milk
- Epsom Salt
- Citric Acid (optional)

#### *Essential Oil*

6-10 drops Therapeutic Grade  
Essential Oils per 45ml test tube



Separately layer into glass tubes 2 tsp. each of your choice of salts, resin, bee pollen, and/or the moisture blend (contrasting colors look best). Top with your choice of botanicals. Add 6 drops of essential oil and seal cork. When ready to use, empty the contents of the tube into a muslin drawstring bag, and steep "tea bag" in the tub with hot water for a luxurious, aromatic experience.