

DIY ESSENTIAL OIL BATH SALTS RECIPES

By combining healing salts, moisturizing oils, and a few drops of essential oils, you're just a few steps away from the most healing and soothing bath of your life.



Sensual Bath Soak Essential Oil Bath Salts Recipe

The Ingredients

- 1 Tablespoon jojoba oil
- 2 drops lavender essential oil
- 1 drop sandalwood essential oil
- 1 drop ylang_ylang essential oil

Instructions

- Mix all ingredients in small bowl. Pour into a warm bath and add about a cup of Epsom salts.
- Mix into bathwater and settle in for a good, long, aromatic and healing soak.



Silky Smooth All-Over Exfoliant Essential Oil Bath Salts Recipe

The Ingredients

- 1 teaspoon jojoba carrier oil
- 1/4 cup Himalayan pink salt
- 12 drops of your favorite non-irritating essential oil blend such as lavender, rose, geranium, chamomile, orange, or neroli

Instructions

- In a half-cup container add 1 teaspoon jojoba carrier oil and combine with the Himalayan salt and essential oil mix of your choice (12 drops total).
- Use as a bath scrub to slough away dead skin, leaving your whole body feeling dewy-soft and smooth.
- When finished scrubbing, the remaining exfoliant will dissolve in the warm bath water to make a soothing and rejuvenating, pleasantly scented mineral soak.

Relaxing Epsom Salt Bath With Chamomile and Lavender

The Ingredients

- 4 cups of Epsom salts
- 20 drops lavender oil
- 20 drops chamomile oil
- Dark colored glass container with lid
- 4 Tablespoons crushed lavender seeds

Instructions

- Begin by crushing the lavender in a mortar and pestle to release the plant's healing oil.
- Mix all ingredients.
- Scoop into glass container and label.
- Store in bathroom vanity or tie on a pretty ribbon and display on shelf.



Disclaimer

This article is for informational purposes only and is not intended as medical advice.

Medical advice should always be obtained from a qualified medical professional for any health conditions or symptoms associated with them.

Every possible effort has been made in preparing and researching this material. We make no warranties with respect to the accuracy, applicability of its contents or any omissions.

Essential oils are highly concentrated and not all of them are safe for internal use so be sure to check the safety of any oil before digesting.

If you are pregnant, some oils can cause contractions, always ask your doctor before use.

Topical application requires dilution with a carrier oil as some oils can cause skin irritation when used in their original high concentration form.