

Bubbling Bath Salts

ONEessentialCOMMUNITY.com

Here's what you'll need:

- 2 cups Epsom salt
- 1/2 cup baking soda
- 1/2 cup citric acid
- 2 Tbsp arrowroot powder or cornstarch
- 2 Tbsp sweet almond oil or apricot kernel oil
- 15-20 drops essential oil
- 2 Tbsp of SLSA
- 1-2 tsp witch hazel
- <1 (a few sprays) of rubbing alcohol

How to make:

- 1) Add Epsom salt, baking soda, citric acid, and arrowroot powder to bowl
- 2) mix all the dry ingredients, breaking up any clumps
- 3) Add sweet almond oil and essential oil, then mix well
- 4) Add SLSA
 - for safety, you need to **wear a mask over your mouth and nose** because SLSA particles are very small and you do not want to breathe them in until you get them mixed with the rest of the bubbling salt ingredients. I try to add the SLSA right into the oil so that the oil can coat the SLSA and help make it less airborne before I start to stir. Once you incorporate the SLSA into the oil and mix it in with the rest of the ingredients, the particles will no longer be super small and airborne. It's only when you're adding the SLSA and mixing it in that you need to wear the mask.
- 5) stir the SLSA into the oil (make sure you're still wearing your mask), and then stir the entire mixture together until well blended
- 6) spray the top of the mixture with 1-2 teaspoons of witch hazel
 - note: the reason for spraying is to get good distribution of the witch hazel throughout the batch of bubbling bath salts without over-activating the baking soda and citric acid. When the baking soda and citric acid combination gets wet it will fizz. A little of that will happen when adding the witch hazel, but we want most of the fizzing to happen in the tub, so we don't want to get it over wet when making the bubbling bath salts.
- 7) stir mixture together until well blended
- 8) add a few sprays of rubbing alcohol
 - It won't smell great initially, but the rubbing alcohol evaporates quickly and the smell will completely go away. The rubbing alcohol will help the bubbling salts harden into little pebbles, making the bath salts easier to store and use.
- 9) stir mixture together until well blended
- 10) pour mixture out and spread out on a parchment paper to dry
 - Stir it every so often to help it dry. Depending on the humidity in your home and how often you stir, bubbling bath salts could dry in as little as a few hours or they could take up to two days to dry.

Bubbling Bath Salts

ONEessentialCOMMUNITY.com

To use:

scoop about 1/4-1/2 cup of bubbling bath salts and put in tub under running hot water for a **regular size tub**

use 1/2-1 cup of bubbling bath salts for a **large whirlpool style tub**

Run your hand back and forth in the tub water to agitate the water which will help dissolve the Epsom salt and it will also help make more and bigger bubbles. *Please be careful when getting in and out of the tub. This recipe uses a little bit of oil which could possibly cause the tub to become slippery.*

Suggested essential oil blends for Bubbling Bath Salts

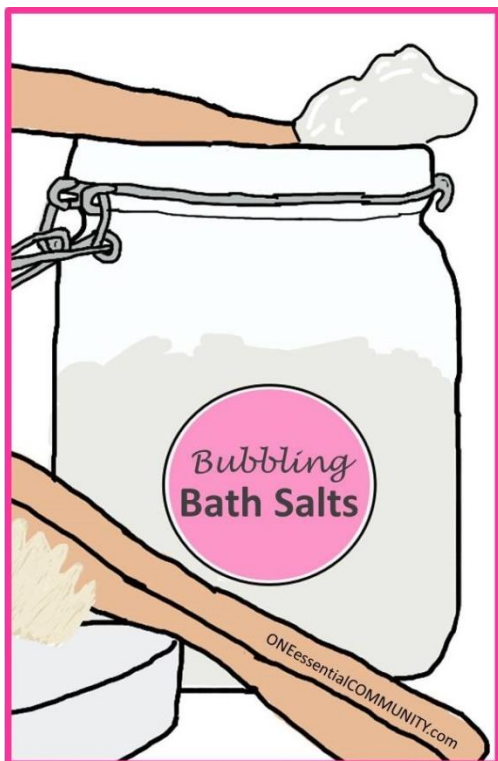
7 drops lavender and 7 drops cedarwood

5 drops eucalyptus and 5 drops peppermint

7 drops lavender and 7 drops bergamot

7 drops lemon and 7 drops rosemary

want more ideas for essential oils blends? [click here](#) to check out these 15 essential oil blends for relaxing bath salts



Bubbling Bath Salts

ONEssentialCOMMUNITY.com

Why are these ingredients used?

Epsom salt- eases stress and relaxes the body, helps draw toxins out of the body, helps reduce inflammation, and helps improve the absorption of nutrients

baking soda- helps to detoxify and alkalize your body, helps to soften the skin, and leaves skin feeling silky soft

citric acid- combined with baking soda creates a fizz and helps create more bubbles from the SLSA

cornstarch- leaves skin feeling soft

sweet almond oil- softens skin and helps skin retain moisture

essential oil- Essential oils are a wonderful addition to a bath, because their therapeutic benefits are easily absorbed by the skin.

Lavender: eases feelings of tension and soothes occasional skin irritations

Cedarwood: promotes relaxation

Bergamot: calming and provides skin purifying benefits

Orange: uplifting to the body and mind

Roman chamomile: calming effect on skin, mind, and body

Patchouli: grounding, balancing effect on emotions. Reduces the appearance of wrinkles, blemishes, and skin imperfections.

Frankincense: promotes feelings of relation and reduces the appearance of skin imperfections

Ylang ylang: lessens tensions and pressure, promoting a positive outlook. Promotes mood while having a calming effect.

Sandalwood: grounding and balancing with a mediation-like effect

Geranium: promotes appearance of clear, healthy skin

SLSA (Sodium Lauryl Sulfoacetate)- derived from coconut and palm oils SLSA makes lots of foam and bubbles

witch hazel- soothes and calms skin

rubbing alcohol- helps bubbling baths salts dry and harden into little pebbles so they can be stored without turning into one big blob (that's the technical term)