Floral Bath Salts Recipe

step 1: add the following to a large glass bowl and then mix well
   1 cup coarse Himalayan salt
   1 cup Epsom salt
   2 cups coarse Dead Sea salt
   1/2 cup baking soda

step 2: In a small glass bowl, mix 2 tablespoons apricot kernel oil with 25 drops of essential oil. Then add the oil and essential oil blend to the large bowl with the salts, and mix well. (suggestions for essential oils are on the next page)

step 3: add 1/2 cup dried flowers and mix well (suggestions for dried flowers are in on the third page of this printable)
What you'll need to make floral bath salts

coarse Himalayan salt ([I get mine here](https://example.com)) - Using a process called dermal absorption, our skin soaks up the minerals and trace elements from the bath water, including calcium, magnesium, potassium, copper, manganese, phosphorus, selenium, sodium, zinc, and iron. Additionally, regular bathing in Himalayan salt can help detox the body, reduce inflammation, lessen muscle aches & pain, temporarily increase blood circulation, and improve sleep.

Epsom salt ([find my favorite here](https://example.com)) - Did you know that Epsom salt is not actually a salt? It's actually a naturally occurring pure mineral compound of magnesium and sulfate. Studies have shown that magnesium and sulfate are both readily absorbed through the skin, making Epsom salt baths an easy and ideal way to enjoy the amazing health benefits. Benefits of 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.

coarse Dead Sea salt ([click here for what I use](https://example.com)) - Dead Sea salts contain 21 minerals including magnesium, calcium, sulfur, bromide, iodine, sodium, zinc, and potassium. These essential minerals naturally occur in our bodies but must be replenished, as they are lost throughout the day. These minerals are known to treat, detoxify, and cleanse our bodies. Benefits of Dead Sea salt: potassium helps to balance skin moisture, bromides helps reduce muscle pain and stiffness, sodium helps improves the circulation of lymphatic fluid, magnesium helps support a great night's sleep, iodine is important for the correct functioning of the thyroid gland and is aids in the body's metabolic exchanges, and sulfur is known as a powerful detoxifying agent, as it works closely with the liver to rid the body of toxins.

baking soda - Baking soda, or sodium bicarbonate, provides a naturally alkaline substance with a reputation for helping to remove toxins. Additionally, baking soda helps soften skin and leaves skin feeling silky soft.
What you'll need to make floral bath salts, continued

**dried flowers** ([click here for the set I use](#)) - Not only are the dried flowers beautiful to look at, they also provide numerous benefits for the mind, body, and spirit.
- rose buds & petals - relaxing your body and rejuvenates your skin
- jasmine - enhances mood and refreshes skin
- chamomile - calming, grounding, helps improve sleep, soothes skin, and can relieve pain
- cornflower - lessens anxious feelings, eases joint and muscle stiffness, and soothes irritated skin
- lavender - calms nerves, soothes skin, improves sleep, enhances mood, and can lessen pain
- calendula - reduce redness, itching and topical inflammation. It's soothing and healing and is wonderful for those with dry skin

**essential oil** - Essential oils are a wonderful addition to a bath, because their therapeutic benefits are easily absorbed by the skin. Here are just a few essential oil the wonderful benefits of adding essential oils to your bath.
- Relaxation & stress relief – lavender, jasmine, patchouli, chamomile, bergamot, orange, ylang ylang and [these other calming essential oils](#)
- Grounding & balancing - patchouli, sandalwood, eucalyptus, vetiver, frankincense, myrrh, cypress, ylang ylang, spruce, chamomile, fir, and petitgrain
- Improve sleep – lavender, chamomile, cedarwood, ylang ylang, vetiver, sandalwood, and [these other essential oils for sleep](#)
- Skin health – tea tree, geranium, rose, lavender, frankincense, jasmine, chamomile and [these other skin-enhancing essential oils](#)
- Soothe aches & pains – peppermint, lavender, helichrysum, rosemary, lemongrass, eucalyptus, marjoram, cypress, and juniper berry
- Circulation – grapefruit, lemongrass, cypress, eucalyptus, juniper berry, lavender, coriander, and neroli
- Respiratory relief – eucalyptus, rosemary, peppermint, fir, and [these other essential oils for clear breathing](#)

**apricot kernel oil** ([look for one like this that's organic and cold pressed](#))- dilutes essential oil and moisturizes skin

**cotton muslin bags** ([these are the ones I use](#))

**wooden scoops** ([click here for the ones I use](#))
Here are some ideas of essential oil blends that you may want to try or you can customize your own blend:

**Relaxation & stress relief**
12 drops eucalyptus essential oil + 12 drops spearmint essential oil  
8 drops lavender essential oil + 8 drops jasmine essential oil + 8 drops orange essential oil  
8 drops patchouli essential oil + 8 drops lavender essential oil + 8 drops cedarwood essential oil

**Grounding & balancing**
5 drops patchouli essential oil + 10 drops cypress essential oil + 10 drops sandalwood  
8 drops spruce (or fir) essential oil + 8 drops eucalyptus essential oil + 8 drops cedarwood

**Improve sleep**
12 drops lavender essential oil + 12 drops cedarwood essential oil  
10 drops patchouli essential oil + 15 drops sandalwood essential oil  
12 drops lavender essential oil + 6 drops ylang ylang essential oil + 6 drops orange essential oil  
12 drops lavender essential oil + 6 drops geranium essential oil + 6 drops chamomile

**Skin health**
12 drops geranium essential oil + 12 drops frankincense essential oil  
20 drops rose essential oil + 5 drops sandalwood essential oil  
8 drops lavender essential oil + 8 drops geranium essential oil + 8 drops chamomile essential oil

**Soothe aches & pains**
10 drops peppermint essential oil + 10 drops lavender essential oil + 5 drops helichrysum  
8 drops eucalyptus essential oil + 8 drops lemongrass essential oil + 8 drops cypress

**Circulation**
8 drops cypress essential oil + 8 drops juniper berry essential oil + 8 drops eucalyptus  
12 drops grapefruit essential oil + 12 drops lemongrass essential oil  
8 drops neroli essential oil + 8 drops lavender essential oil + 8 drops cypress essential oil

**Respiratory relief**
10 drops eucalyptus essential oil + 10 drops cypress essential oil + 5 drops rosemary  
10 drops fir (white fir, Douglas fir, or Siberian fir) + 10 drops peppermint essential oil + 5 drops arborvitae essential oil
You may choose a single flower or a combination of flowers. Here are some you may want to try:

**Relaxation & stress relief**
- lavender
- chamomile
- rose
- jasmine
- Cornflower

**Grounding & balancing**
- chamomile
- cornflower
- rose
- jasmine
- Lavender

**Improve sleep**
- chamomile
- Lavender

**Skin health**
- calendula
- lavender
- cornflower
- rose
- jasmine
- Chamomile

**Soothe aches & pains**
- lavender
- chamomile
- Cornflower

**Circulation**
- chamomile
- cornflower
- lavender
How to use floral bath salts

• Depending on the size of your tub, use about 1/4 to 1/2 cup of this salt blend per bath.

• You can add the bath salts directly to the bathtub if you like. It is beautiful to see all of the flowers floating on top of the water. However, you'll want to gather up all the flowers and discard them before draining the bath water. You don't want to risk the flowers clogging your drain.

• Alternatively, you can put the floral bath salts in a cotton muslin bag (like this) and then hang the muslin bag from the water spout so that the hot water hits the bag as it fills the tub. The salts, essential oils and flowers will dissolve and impart their therapeutic properties to the water. After the tub fills, you can also add the bag to the tub water. (note: the bags are reusable. simply launder the bags in between uses.)

• When you're done with your bath, be careful getting out of the tub. The apricot kernel oil can make the tub a bit slippery.

• Pat your skin dry with soft, absorbent towel (don't rub)

• Want an extra dose of moisture? finish your bath by putting on a bit of my luxurious whipped body butter. It's the softest, silkiest body butter I've ever tried. Get the recipe here

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