

Instructions: Let's Get Crafting!

1. **Start Mixing:** In a large bowl, mix together **1 cup of Epsom salt**, **½ cup of sea salt**, and **¼ cup of baking soda**. These ingredients form the base of your bath salts!
2. **Add Your Favorite Scents:** Now it's time to make them smell amazing! Add **10–15 drops of essential oils** to the mixture. If you love calming vibes, go for lavender or chamomile. For a refreshing scent, try peppermint or eucalyptus. Stir it all up!
3. **Colorful Option:** Want your bath salts to look as good as they smell? Add **a few drops of food coloring** to the mix. Start with a drop or two and stir until the color is evenly spread. You can keep it simple with one color or create layers in your jar by mixing batches of different colors!
4. **Add Extra Goodies (Optional):** Sprinkle in some **dried flowers or herbs** to give your bath salts an extra touch of luxury. Lavender buds, rose petals, or even dried mint leaves will look lovely and release a natural fragrance.
5. **Jar It Up:** Use a spoon to carefully scoop your finished bath salts into your glass jars. You can layer different colors or mix everything together for a fun, vibrant look. Seal the jars with lids to keep them fresh.
6. **Decorate the Jars (Optional):** Add a cute ribbon around the jar, a handwritten label, or even a small sprig of dried lavender for an extra special touch if you're gifting the bath salts.
7. **Relax & Enjoy:** When you're ready for a relaxing bath, add 2-3 tablespoons of your homemade bath salts into warm water, stir it in, and soak away!

Craft Bonus: Add Some Flair!

Want to make your bath salts extra fancy? Try adding a few drops of vitamin E oil for added skin benefits or mix in some fine glitter (safe for skin use) to give your bath a subtle shimmer! You can also experiment with different essential oil blends, like lavender and vanilla for calming, or citrus and mint for a refreshing twist.