

DIY BATH SALTS

Ingredients and Supplies

- ½ cup Epsom salts
- ½ cup sea salt
- ½ cup baking soda
- 10-15 drops of essential oils
- Bowl
- Jars



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Instructions:

1. Mix the Epsom salts, sea salt and baking soda together in a bowl.
2. Add your essential oils. I use 10-15 drops, but you can use more or less depending on how fragrant you would like the salts to be.
3. Scoop the salts into jars. These can be any size/kind that you prefer, but they do need a lid.
4. Label the jar with the scent or oil blend on your jar.

DIY Sugar Scrub

Ingredients & Supplies

- 2 cups brown sugar
- 1 cup solid (but soft) coconut oil
- Extra additions (vanilla extract, essential oils, etc.)
- Plastic container or jar with lid



Instructions:

1. Whip together the sugar, oil, and any extra additions until the mixture looks creamy and resembles loose cookie dough.
2. You may use a food processor, but don't let it process too long or the coconut oil will melt and the mixture will separate. If this happens, just put it in the freezer for a few minutes to solidify and mix again.
3. Store in an airtight container. Lasts for weeks. Maybe months. If it's stored in the shower, you may have the same problem with separation as the coconut oil warms. Just stir it around with your finger before using.