



# Wildly Wonderful Wearables™

Why Be Boring? Embrace Change!

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## Bath Salts

- a. Epsom Salts
- b. Food Coloring (Liquid)
- c. Essential Oils\* Chamomile, Rosemary, Gardenia, Jasmine, Lavender, or Rose
- d. Several Bowls and Spoons
- e. Decorative Bottles or Jars
- f. Sealing or Candle Wax
- g. Handmade Labels or Tags

### Instructions

1. Separate your Epsom salts into equal amounts among the bowls. I usually work with two cups in each bowl.
2. Add in a few drops of your essential oils. \*Please be careful and use only essential oil and not regular fragrance oils; they are not the same thing. Essential oils will cost a bit more, but they are made to interact safely with human skin. Fragrance oils can be harmful to the skin and are for use with dried flowers and non-interactive projects. You can find essential oils in health food and some craft stores.
3. Take your food coloring and stir in a few drops until your satisfied with the color. I mix in the essential oils and food coloring at the same time - by stirring the color through the salts, I also manage to extend the essential oils throughout at the same time.
4. Carefully spoon the salts into your decorative containers. When using fancy corked bottles seal the corks with a sealing or candle wax. You can add some ribbons or labels to your bottles explaining the specific scent and how to use it in the bath.