

Old Fashioned Bath Salts

Salt (Your choice of Epsom, Sea or Kosher. I personally like Epsom.)

Baking soda

Essential oil of your choice (I have a soft spot for Eucalyptus.)

Mix the salt, baking soda, and a few drops of essential oil together in a clean, dry jar, and seal. When you are ready to use, add about a half to a full cup of the salt mixture to your running bath.

Enter tub. Soak away your troubles. Say ahhhh...

