



## Lavender Bath Salts to Soak Away Aches and Pains



We demonstrated this at the WGHS workshop at the Missouri Botanical Garden.

1 c epsom salts

1 c baking soda

20 drops lavender essential oil (optional: add a few drops of peppermint or eucalyptus essential oils)

Use ½ cup per bath or mix with a small amount of shower gel or body wash for a nice scrub.

Soak and relax!