



Homemade Bath Salts

Recipe from [Humblebee & Me](#)

Ingredients

1 part baking soda
2 parts sea salt
4 parts epsom salt
Essential oil, as much as desired

Directions

Mix all the dry stuff together.
Add some essential oils and stir to break up clumps. Use promptly in a hot bath!

(Always check for sensitivity before using something new on your skin)