Bath salts

Ingredients:

* 2 Cups epsom salts
* 1/2 Cup sea salt
* 1/2 Cup baking soda
* 15 Drops lavender and orange essential oils
* 1 Bottle food or soap coloring (optional)
* Dried petals or lavender buds can be a nice edition
* Safe jars or containers

Stir the salts and baking soda together in a large mixing bowl.

Next, add the essential oils and coloring, if using. Use a spoon to incorporate the liquids into the salts, breaking up any clumps to ensure that the color and scent are evenly distributed.

When it comes to fragrance, play around. Lavender and orange is a great combination to start with because it's perfect for a long, relaxing soak in the tub, but feel free to choose different scents based on your personal preferences or their aromatherapy benefits. If you’re going to mix scents, smell both bottles simultaneously to make sure the combination is a good one.

If you’re using traditional food coloring, you’ll only need about five drops. (Soap coloring, which you’ll find at craft stores, will be less intense, so you’ll need closer to 15 drops.) It's best to start with a small amount of coloring and add more if needed.