

# Lavender Bath Soak

1 c epsom salts  
1/2 c sea salt  
approx 5-10 drops lavender essential oil  
dried lavender (optional)

Combine and place in sealed jar.

Add a few tablespoons to bath for a relaxing, restorative bath.

\*Can easily be adapted <sup>with</sup> ~~the~~ various therapeutic blends of essential oils.\*