



HOW ABOUT A LITTLE ME TIME?

DIY Bath Salt



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DIY Bath Salt



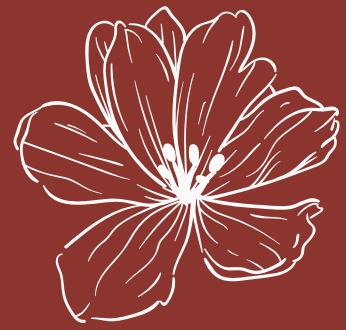
How About a Little Me Time?

We are caregivers, mom's, wives, CEO's, chief band-aid providers, you name it, and often are so busy taking care of others that our own personal well-being goes unattended too. When this happen, it can cause burnout and even resentment towards those we care for. Not so long ago, I found myself burning the wick on both ends not realizing I was about to crash and burn. I remember it like it was yesterday, I was sitting in my car with a friend, they asked me what I know now was the simplest question, only to find myself crying uncontrollably and couldn't stop. That's when I knew I had nothing else to give and became more intentional about loving me...first.

It was the very next day, I added fresh flowers to my bi-weekly grocery list and did something I hadn't done in ages - immerse myself in a warm bath infused with bath salts, calming foams and essential oils. Your mental health truly does matter. When you are not 100%, you are doing yourself and those you love a disservice. I've added my own personal mixture for relaxing bath that you can do in the privacy of your own home. I love lavender and earthy scents like sandalwood, teakwood and tobacco mixed a hint of vanilla, so what soothes me, may not soothe you. What I'll say to that is, be creative and make the best representation of you.



DIY Bath Salt



Botanical Bath with Rosehips

You Will Need

- 1 Cup unscented Epsom salt
- 1 Cup coarse pink Himalayan salt
- 1 Cup dried roses or flowers of choice
- 50 Drops of rosehip essential or massage oil
- 50 Drops of coconut oil
- Mixing bowl
- 32-oz Mason jar

Directions

- Add flowers to mixing bowl
- Pour in Epsom salt & pink Himalayan salt and mix well
- Add essential oils of choice to mixture
- Mix all ingredients together well
- Add 2-4 teaspoons of bath salts to a full warm bath, grab your candles, cue your music and enjoy

Disclaimer: This is for external use only. Keep out of reach of children and avoid eye contact. If eye contact occurs, flush thoroughly with cold water. If irritation persists, or an allergic reaction occurs, consult a physician and discontinue use.

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