

Recipe for Bath Salts

From Sisterhood of Soap

Ingredients:

2 Cups Epsom salt

2 cups course sea salt or kosher salt

1 scoop dry goats milk

½ cup baking soda

Scent

Colorant (lakes preferred) if using mica add polysorbate 80

Instructions:

Mix it all together. Very simple. The colorant and scent are your preference. If making it for someone else remember you cannot smell the scent nearly as well as someone else. Don't overdo it.

If using mica, it may stick to the sides of the tub if not used with polysorbate 80. The polysorbate allows oil based and water based to mix. Mica is oil based and will float on top of the water, leaving a ring.