



HOW TO MAKE HERBAL BATH SALTS

A simple botanical bath soak

Herbal bath salts combine mineral salts with dried herbs and botanicals for a fragrant, relaxing bath.



WHAT YOU'LL NEED

- ☐ 1 cup Epsom salt
- ☐ ½ cup sea salt
- ☐ ¼ cup baking soda, optional
- ☐ 2–4 tablespoons completely dried herbs or flowers
- ☐ Clean, dry mixing bowl
- ☐ Clean, airtight jar
- ☐ Muslin bath bag or large tea bag



STEP 1 – CHOOSE YOUR HERBS

Use only herbs known to be appropriate for topical use.

Good beginner choices include:

-  Lavender
-  Chamomile
-  Calendula
-  Rosemary
-  Peppermint



Avoid fresh herbs—they introduce moisture and can cause the mixture to spoil.



STEP 2 – MIX

Combine the salts and optional baking soda.

Crumble or lightly crush the dried herbs and mix them thoroughly into the salts.

STEP 3 – STORE

Transfer the mixture to a completely dry airtight jar.

Label with:

Blend:

Ingredients:

Date made:

Store in a cool, dry place.

Keep water out of the container.

HOW TO USE

Add approximately ½–1 cup of bath salts to a warm bath.

For easier cleanup, place the mixture inside a muslin bag or large reusable tea bag before adding it to the water.

Soak for 10–20 minutes.

SIMPLE BLENDS

CALMING GARDEN

Lavender + Chamomile +
Epsom Salt

BOTANICAL BLOOM

Calendula + Lavender
+ Sea Salt

FRESH HERB

Peppermint + Rosemary +
Epsom Salt

BEDTIME BLEND

Chamomile + Lavender +
Epsom Salt

SAFETY FIRST

Use only topical-safe herbs

Avoid eyes and mucous membranes

Stop if burning, itching, or irritation occurs

Be careful—the tub may become slippery

Keep loose herbs out of drains

My Recipe Notes: