

Relax Witch!

Bath Salt Recipe

Make these beautiful bath salts filled with love and peace to enjoy in self-love baths or for thoughtful gifts for others.

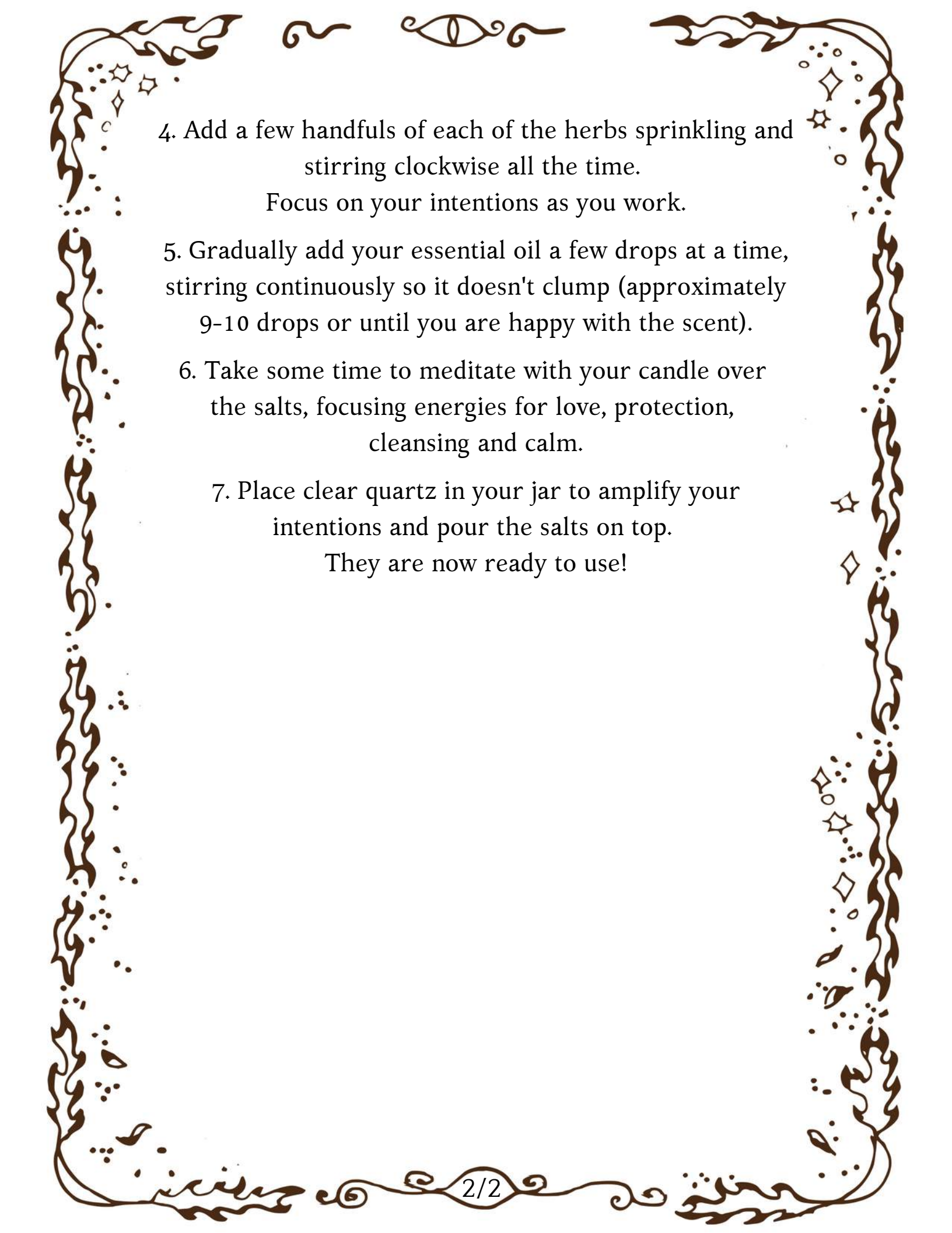
- 3 cups dead sea salt
- 1½ cups epsom salt
- ½ cup baking soda
- Dried roses
- Dried lavender
- Dried calendula
- Lavender essential oil
- Clear quartz
- White candle
- Cleansing incense e.g. palo santo, sage
- Large mixing bowl
- Sealable jar



1. Light your candle and incense and cleanse all items with smoke.

2. Mix the salts with baking soda in a large bowl until well combined.

3. Stir clockwise as you chant:
*"Stir and stir from left to right
Bless this recipe with love and light
So mote it be."*



4. Add a few handfuls of each of the herbs sprinkling and stirring clockwise all the time.

Focus on your intentions as you work.

5. Gradually add your essential oil a few drops at a time, stirring continuously so it doesn't clump (approximately 9-10 drops or until you are happy with the scent).

6. Take some time to meditate with your candle over the salts, focusing energies for love, protection, cleansing and calm.

7. Place clear quartz in your jar to amplify your intentions and pour the salts on top.

They are now ready to use!