

## Relaxing Bath Recipe

*The following recipe is courtesy of Nic Abraham. For more wellness tips, visit [her website](#).*

### Ingredients

- 1 cup Epsom salt
- ½ cup Sea salt
- 20-30 drops of essential oils
- A few dried petals (only add a few to avoid mushy flowers in your bath)

### Instructions

1. Mix all ingredients.
2. Transfer to a container, such as a small canning mason jar.
3. When ready, add half to your relaxing bath.

