

How to make peppermint and lavender bath salts



Ingredients

500g Himalayan pink salt (widely available from your local deli or health food shop)

Sprinkle of dried lavender flowers

Sprinkle of dried peppermint leaves (snip open a [Summerdown peppermint pyramid](#))

30ml Bath base (available from Aromatherapy suppliers)

5 drops Peppermint essential oil - *Mentha x piperita* ([Summerdown mint](#))

10 drops Lavender essential oil – *Lavandula angustifolia* ([Summerdown mint](#))

Method

1. Mix the dry ingredients together; the Himalayan pink salt, lavender flowers and dried peppermint leaves.



2. Mix the oily ingredients together.
Measure 30ml bath base, add 5 drops of peppermint pure essential oil and 10 drops of lavender pure essential oil and mix well.



3. Combine the dry and oily ingredients together and mix well.



4. Pour into a jar with a lid or stopper, label and keep for approx. 6 weeks (that is if you don't use them before!)

To use, add a generous handful to a warm bath, allow the salts to dissolve and relax and enjoy.

