



# DIY low waste bath salts

You can make low waste, cost effective and customised bath salts by purchasing ingredients in bulk in your own containers.

The ingredient ratios listed in recipes for bath salts are quite forgiving, so you can experiment a little. For the best results, remember to use Epsom salts as the main ingredient. To help minimise mess and bath clogging, keep the amount of dried flowers to a minimum and don't go overboard with essential oils!

When gifting bath salts to others, we also recommend writing the ingredients on a label to attach to the jar and checking if the recipient is allergic or intolerant to anything.

## Ingredients and equipment

To reduce environmental impact, use your own containers to purchase ingredients from bulk grocery stores which often stock a large range of personal care and DIY products. If this is not possible, try to avoid excess packaging when purchasing ingredients. If you want to use dried flowers, you could source these from your garden. When packaging the final product, repurpose jars and other containers from around your house for storage and gifting.



# Bath salts recipe

## Ingredients

- 3 cups epsom Salt
- 1 cup coarse Sea Salt
- 20 drops favourite essential oil
- ½ cup baking soda (optional)
- 2-3 teaspoons dried flowers (optional)
- Favourite carrier oil – almond, coconut, apricot oil (optional)

## Equipment

- Measuring cups
- Bowl
- Spoon
- Jars

## Steps

1. Mix ingredients in a bowl using a spoon
2. Store in glass container such as clean jar
3. Use about ½ cup in a hot bath and enjoy!

This recipe makes enough for approximately 7-10 baths.