

SOULSTICE SUNDRIES BATH SALTS

Jodi's BATH SALTS RECIPE:

- 4 LBS. EPSOM SALTS
- 4 LBS. SEA SALT
- 1 BOX MORTON KOSHER SALT
- 2 OZ. GLYCERINE or CARRIER OIL (I like sunflower or almond)

This makes a lot of salt, but you can reduce the recipe easily by just using equal parts of the different types of salts and less of the glycerin or oil. I prefer glycerin to oils because it doesn't leave the ring around the bathtub and still pampers and softens the skin.

Essential Oils can be used in Bath Salts: Here are the properties and fun folklore of a few favorites. If you prefer fragrance oils and perfumes also work well to make bathing luxurious.

Orange brings peace and happiness to the mind and body and joy to the heart, to help rejuvenate energy. It refreshes a dull complexion, relieves muscle soreness and is beneficial to dermatitis and <wink> wrinkles.

Folklore: "From the earliest times, oranges have been associated with generosity and gratitude. Once called "golden apples", Oranges symbolize innocence and fertility", Robert Wilson.

Geranium may help release negative emotions. It helps ease nervous tension and stress, balances the emotions, lift the spirit and foster peace, well-being and hope.

Folklore: *During the 1600's, European gardeners would plant geraniums around their houses to keep the evil spirits out. However, the essential oil is not produced from the same Geranium as the house plants.*

Lavender has long been used to help ease and relax the body, bringing balance and healing. "When in doubt, choose Lavender".

Folklore: *During medieval times, people were obviously divided on the properties of Lavender regarding love: some claimed that it would keep the wearer chaste, while others touted its aphrodisiac qualities, you can decide for yourself.*

Sandalwood slowly and powerfully calms, harmonizes and balances the emotions. It helps one accept others with an open heart while diminishing one's own egocentricity. Sandalwood purportedly awakens the latent life force energy during meditation.

Folklore: *Many cultures still consider Sandalwood to be sacred.... Relax and enjoy the natural luxury...*