

MAKE
YOUR
OWN...

BATH SALTS



STUCK FOR BIRTHDAY
PRESENT IDEAS?

WHY NOT MAKE YOUR
OWN BATH SALTS!

WHAT YOU'LL NEED

- Large glass or metal mixing bowl
- 2 cups of Epsom's salts
- 1 cup of sea salt, rock salt or coarse salt
- Food colouring
- 1/4 teaspoon of Glycerine
- Essential oil for fragrance such as vanilla, citrus or peppermint [optional]
- Clean, dry jars with cork stoppers or metal screw-on lids

HOW YOU MAKE THEM

Try and do this on a day with low humidity, or the salt will absorb moisture from the air

Combine the salts in the bowl and mix well. Add a couple of drops of food colouring and mix some more

Add the glycerine and essential oil (4-5 drops) and mix well

Spoon the mixture into the jars and close

Makes 3 cups of bath salts

TOP TIP!

Keep an eye out for some unusual jars to use and decorate them with some ribbon or string!

EXPERIMENTS

Disclaimer: Please follow the instructions carefully. This is for your safety and the safety of others. Do not improvise or change the quantities or actions or the order in which each step in the experiment is listed

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