

DIY WITH NOBILIA

# HOMEMADE BATH SALTS

**nobilia**<sup>®</sup>



### **THIS IS ALL YOU NEED**

- » 2 cups of sea salt
- » 1 tbsp bicarbonate of soda
- » ½ tbsp vegetable oil (e.g. olive, coconut, almond)
- » Essential oil
- » Small bag or sealable jar
- » Optional: half a tablespoon of flower petals or medicinal herbs

# **HOMEMADE BATH SALTS**

## **THE ULTIMATE SENSE OF WELL-BEING IN YOUR VERY OWN BATHROOM**

Your bathroom is furnished, the feel-good mood is rising – and warm water is running into the bath. What's missing? Bath salts to get immersed in your very own haven of retreat with a sense of well-being and delightful scent. You can even make your own bath salts in just a few steps!

### **METHOD**

- 01.** For your homemade bath salt, you first need two cups of salt. You can use any kind of salt.
- 02.** If the salt is too coarse, crush it a little with a mortar. Now put the salt into a screw-top container. .
- 03.** Then add the vegetable oil of your choice.
- 04.** Depending on how intense you want the scent to be, mix in 5–10 drops of an essential oil. This, for example, can be lavender, eucalyptus, tea tree or rose oil. Don't forget to mix everything thoroughly!
- 05.** If there's enough time, leave the salt overnight so the oils can soak in.
- 06.** If you wish, finally, add 2 tablespoons of bicarbonate of soda and flower petals, such as rose, rosemary, sage or lavender.
- 07.** Mix everything once again and fill into an attractive jar or jute bag.

**THIS COMPLETES YOUR HOMEMADE BATH SALTS FOR A PERFECT EVENING OF PAMPERING AND WELL-BEING!**