

Making Herbal Bath Salts

A FREE Crash Course

Bath salts is a wonderful way to enhance your daily beauty bath. They are the easiest bath and body products to make and are often some of the most expensive items in gift sets. Making them at home with your own home-grown herbs can cut some of those prices by half or more.

- * Essential tools
- * Ingredients and suppliers
- * Packaging
- * Instructions
- * Recipes
- * Safety precautions

Essential Tools

The list of essential tools is amazingly short and most of them can be found in your kitchen. You will need:

- * Measuring cups
- * A large bowl – to mix your ingredients. You can also use a large plastic bag.
- * A large spoon
- * Something to store your salts in – see packaging for some ideas.
- * A mortar and pestle – to ground your herbs. You can also use an electric blender.
- * Optional Tools:
 - * A funnel - if you are going to use something with a small mouth to store your salts in. You can also make your own funnel by rolling up a sheet of paper.

Ingredients

The ingredient list is as simple as the tool list. You will need:

- * Table salt, sea salt or Epsom Salt

- * Dye – you can use ordinary food colouring (Moir's is a well know brand). The results are not always predictable, nor is the colouring stable if you store your salts for a long period of time. You can also purchase special soap dyes, which produce a more stable and (sometimes) professional colouring. These are however a chore to obtain and more expensive. If you intend selling your bath salts we advise you to incur the extra expense and trouble to use special soap dyes.

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* Fragrance – a very important ingredient in your bath salt. It sets the ‘mood’ for your bath salt. You can use special soap fragrances, aromatherapy oils, or herbs to create your ‘mood’. Soap fragrances add nothing but fragrance, but aromatherapy oils and herbs add a desirable health dimension as well. Please pay attention to the Safety Precautions if you are using aromathery oils and herbs, and you intend selling your bath salts.

* Herbs – finely ground dried herbs add a wonderful dimension to your salts. For the best results grow and dry your own herbs. It is easy and very rewarding. Ground your herbs just before mixing them into your salts.

* Optional ingredients: Some recipes ask for borax and baking soda. You can omit these if you want.

Most of the ingredients can be found in your local grocery store. Special soap fragrances and soap dyes can be purchased from soap craft stores. Aromatherapy oils can be purchased from health shops. You will find herb plants, to grow in your garden, at your local nursery. If you have any trouble finding any of the ingredients contact us. We will point you in the right direction.

Packaging

Packaging is something that should be considered before you start making your bath salts. Preferably it should be something that can be sealed. This keeps the salt fresh and fragrant. Packaging also determines how much salt you make.

We prefer to use little cellophane bags and twist tags, raffia or ribbon. They are simpler and easier for the person making the salt and the person using the salt. They are also a lot cheaper than glass jars.

If you want a more sophisticated and elegant look, a glass jar is your best bet. As long as it has a lid. You can also use canning jars. You can tie raffia, ribbon or yarn around the jar to give it some decoration. If you are really creative you can purchase glass paint from a craft store and paint decorations on the jar. Glass jars can be purchased from craft stores. If you have difficulty finding glass jars, contact us.

You can also purchase or make your own little cardboard boxes. These can be decorated with a variety of materials. We put a piece of wax paper inside the box before we put the salt in. This helps keep the fragrance from fading quickly.

Finally, don’t forget your label. It can be glued to the bag, jar or cardboard box or it can be tied on with a piece of string or raffia.

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Instructions

Bath salt is probably the simplest and easiest item to make in a bath and body collection. Gather all your supplies and have them ready before you begin.

First decide on the type of salt you are going to use. Next decide on the grade. If you are using different types and grades, decide if you prefer to have more of one or the other.

Next use your packaging to determine how much salt you need. Fill your packaging container to the desired amount. Pour from the packaging container into your mixing bowl.

In a smaller bowl take $\frac{1}{4}$ - $\frac{1}{2}$ cup salt mixture. Stir in your fragrance, starting with a few drops and adding gradually until you reach the desired strength of scent. Make sure that the salt is mixed well with the fragrance.

Next stir in your dye. Add it gradually, like the fragrance, until you get the colour you desire. Be sure to stir really well. You want to ensure that the colour is even all the way through the salt crystals. Add back to the rest of the salt mixture and mix well. It's very frustrating to pour your salts into their container, only to find the salts at the bottom of the mixing bowl still a pure white. A sure sign that you was rushing the job.

Pour or scoop into your packaging container, seal, label and decorate.

Safety Precautions

If you have high blood pressure or any heart condition you should not use bath salts. Elderly or frail people, or those that can hardly move their joints without excruciating pain, should also be careful. Also use very small quantities during pregnancy.

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Home Made Bath Salt Recipes

Basic Bath Salts Recipe 1

3 parts Epsom Salts

3 parts table salt

Fragrance, herbs and dye

Basic Bath Salts Recipe 2

3 parts Epsom Salts

2 parts baking soda

1 part table salt (or borax)

Fragrance, herbs and dye

Energising Bath Salts

1 cup Epsom Salts

1 cup coarse salt

10-20 drops green food colouring

6 drops eucalyptus essential oil

10 drops rosemary essential oil

15 drops peppermint oil

Sinus Headache Bath Salts

2-3 cups Epsom Salts or salts of your choice

1/3 cup dried peppermint ground to a fine powder

1/3 cup dried spearmint ground to a fine powder

If you want to ensure potency you can add 20 drops peppermint essential oil

Relaxing Milk Bath

To your favourite salt recipe add:

1 part powdered milk

Finely ground chamomile or lemon balm

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Oatmeal Milk Bath

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To boost circulation and aid deep cleansing
Rosemary.

For soothing and gentle cleansing
Aplemint, chamomile, chervil, lavender, lemon balm, rose petals, spearmint, thyme.

For healing
Comfrey, fennel.

For oily skin
Calendula, sage, yarrow.

For dry, sensitive skin
Borage, parsley, salad burnet, sorrel.

For mature or sallow skins
Lemon verbena.

Minerals

Baking Soda

Baking Soda, sodium bicarbonate, is a naturally occurring substance that is present in all living things - it helps living things maintain the pH balance necessary for life.

Baking Soda acts a cleaning agent because it is a mild alkali and can cause dirt and grease to dissolve easily in water for effective removal. Baking Soda's deodorization power is a result of its ability to neutralise odours, rather than just covering up odours with perfumes. Because of its chemical makeup, Baking Soda has unique capabilities as a buffer. (Buffering is the maintenance of a stable pH balance, or acid-alkali balance.)

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Borax

Borax, or sodium borate, is a naturally occurring alkaline mineral first discovered over 4000 years ago. It cleans, deodorises, disinfects and softens water. Borax has no toxic fumes and is safe for the environment. Borax can irritate skin and should not be ingested. Keep it away from children and foodstuffs.

Epsom Salts

We hardly know anybody who is not familiar with Epsom salts (magnesium sulphate, a pure naturally occurring mineral). But did you know that it is more than just a purgative? Externally Epsom Salts benefits your skin and body in a number of ways. You can soak in it to soften skin and use it as a scrub to exfoliate rough patches. You can also soak in it to reduce the swelling and inflammation of body aches and pains. It is also very beneficial as a stress reducer and can even ward off a cold or the flu if used in a bath at the onset of symptoms.

Need more recipes and ideas?

Don't miss out! Get your free email copy of Timeless Herb Secrets.

This article by Di-Di Hoffman appeared in Timeless Herb Secrets.

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