



# Epsom Salt Bath Recipe



3 ingredients



20 minutes



1 bath

Are you ready for relaxation? This epsom salt bath recipe is the perfect way to unwind after a long day and you can reap the benefits as you do so. The combination of the three ingredients, epsom salts, lavender and baking soda help to relieve muscle and joint pain, calm your nervous system, and enhance the quality of your sleep. This recipe is the perfect way to enhance your health and take some time to relax all at once.

## DIRECTIONS

1. Pour all 3 ingredients into a hot bath and soak for 20 minutes.

## INGREDIENTS

- 1 cup** Epsom salts
- 10 drops** Lavender essential oils
- 1/2 cup** Baking soda

