



Candy Cane Bath Salts

Ingredients:

- 1 cup Epsom salts
- 2-3 drops Peppermint Essential Oils
- 1-2 drops food coloring

Directions:

1. Place $\frac{1}{2}$ cup of Epsom salts in a bowl
2. Add 1 drop Peppermint Essential Oil
3. Place the remaining ingredients in second bowl
4. Mix all ingredients well
5. Layer the red and white salts in jar
6. Tie with a ribbon and instructional tag

Usage:

Enjoy an invigorating bath with Peppermint infused bath salts. Draw hot bath and combine half of mixture and use hand to mix well so salts dissolve. Soak in bath for at least 20 minutes. Peppermint Essential oil is purifying and stimulating to the conscious mind.

Body Systems Affected: (Digestive, Nervous and Respiratory Systems, Muscles and Bones, and Skin)

