# Making Bath Salts

Bath Salts are an easily prepared alternative to bath herbs and are to be preferred to the mixtures now on the market; most of these chemical-ridden formulas are almost guaranteed to irritate your skin. Bath salts are used for many different purposes, and they make great gifts too.

The basic ingredients are table salt, baking soda (sodium bicarbonate) & Epsom salts (magnesium sulfate). Some herbalists also use borax. Add the salts to a large bowl in these proportions:

* 3 parts Epsom salts
* 2 parts baking soda
* 1 part table salt (or borax)
* Essential (scented, herbal/floral) Oils

Mix thoroughly using your hands to stir the ingredients. Some people will tell you to use a spoon or other utensil, although if you are like me, you will find the salts work better if you use your hands. This is now the base from which you can create a wide variety of bath salts. It’s wise to add colors to bath salts. Use plain food coloring for this purpose, letting it fall drop by drop onto the salt base.

If two or more colors are required to mix an exotic hue (such as purple), mix these in a spoon first and then add to the salts to avoid creating a two-toned product, unless of course, you plan on a two or three tone salt. Add many drops for a darker colored salt, fewer for a lightly hued salt. Mix the color into the salts until it is evenly distributed; again, use your hands or you may use a utensil.

Now add the essential oils drop by drop, one ingredient at a time, until the scent seems right. Using your hands and fingertips, mix it until all salt particles are moistened. This may take up to fifteen minutes or longer. As to proportions, rely on your nose to determine the exact quantities. The more potent the finished product’s scent, the less will have to be used for each bath. They should be strongly scented.

To use, add from 2 tablespoons to one-half cup of the bath salts to a full tub. Mix with your hands into the water. Enjoy your homemade bath salts!