

# Epsom Salt Baths



- 1 Cup Epsom Salt
- 10 drops of your favorite essential oils or blend

Combine Epsom salt and essential oils.  
Stir. Place in warm bath and soak.

## 1. The Lovers Bath

3 drops of Patchouli  
2 drops of Clary Sage  
1 drop Coriander  
1 drop Ylang Ylang

## 2. Self-Acceptance Bath

3 drops Bergamot  
2 drops Cypress  
1 drop Patchouli  
1 drop Ylang-Ylang  
1 drop Siberian Fir

## 3. Cramp Relief Bath

3 drops Geranium oil  
2 drops Marjoram  
2 drops Ylang Ylang  
1 drop Coriander  
1 drop Bergamot

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