



Lavender Bath Tea Recipe



SUPPLIES

- Large Stainless Steel or Glass Mixing Bowl (big enough to fit 96 oz)
- Smaller Mixing Bowl for Dendritic Salt and Essential Oil (not plastic)
- 16 x [3x5 inch Muslin Drawstring Bags](#) or 8 x [4x6 inch Muslin Drawstring Bags](#)
- [Pipette](#) or Teaspoon (for essential oil)
- Wire Whisk
- Mixing Spoon
- [Natural Plastic Scoop](#) (optional)
- [Scale](#) or Measuring Cups

INGREDIENTS

- 4.3 oz / 123 g / 1/2 cup [Dendritic Salt](#)
- 0.25 oz / 7 g / 2 tsp [Lavender Essential Oil](#)
- 4.3 oz / 123 g / 1 cup Powdered Goat Milk or Powdered Buttermilk
- 7 oz / 198 g / 2 cups Whole Oats
- 3.7 oz / 104 g / 1/2 cup Epsom Salt
- 7 oz / 198 g / 3/4 cup Baking Soda
- 3 oz / 87 g / 3 cups [Lavender Buds Extra](#) or [Lavender Buds Super Blue](#)
- 27 oz / 766 g / 3 cups [Solar Bath Sea Salts](#) or Sea Salt

DIRECTIONS

Step 1

Mix Dendritic Salt and Lavender Essential Oil in a bowl and set aside.

Step 2

In larger bowl mix the Powdered Goat Milk or Powdered Buttermilk, Epsom Salt, and Baking Soda.

Add Whole Oats, Lavender Buds, and Solar Sea Bath Salts or Sea Salt and mix until combined.

Step 3

Mix the Dendritic Salt/Lavender Essential Oil combination with other mixed ingredients and place approximately 1/2 cup in each 3x5 inch Muslin Drawstring Bag or 1 cup in each 4x6 inch Muslin Drawstring Bag.

DIRECTIONS FOR USE

Let water flow on bath tea bag while filling the tub. Enjoy a long soak in the tub while the salts and milk powder dissolve and the lovely scent is released. Dispose of bag after one use.

Note: When used, the tea creates a purplish tint to the water. For this reason it is always best to start with a clean tub (otherwise the color may tint any soap scum already present).

HELPFUL TIPS

You can make more or less of this recipe as long as proportions remain the same. Approximately 1 cup (6.8 oz / 194 g) fits in each 4x6 inch bag and ½ cup (3.4 oz / 97 g) fits in each 3x5 inch bag.

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