



Peppermint Eucalyptus Fizzing Muscle Salts Recipe



Are you feeling sore from your workout? Try soaking in a warm tub scented with Fizzing Muscle Salts! Our Bath Bomb and Fizzy base is a shortcut for creating a delightfully fizzy soak that is scented with a relaxing & rejuvenating blend of peppermint, eucalyptus and lavender essential oils.

Feel free to substitute your favorite [Fragrance Oil](#) or blend of [Essential Oils](#). Need help blending essential oils? [Click Here](#) to check out our guide!

A pop of color is created in these salts using our [Water Soluble Liquid Colorants](#) and [Solar Sea Bath Salts](#). The salts look just like bits of sea glass. Feel free to use any color you like or leave it out, if you prefer uncolored salts.

Polysorbate 80 is used in this recipe to disperse the essential oils throughout the bathwater. Do not leave this ingredient out! Undispersed essential oils will float to the top of the water in concentrated pockets and be a nasty surprise for your sensitive parts!

INFORMATION

- Difficulty: Beginner
- Yield: 4.4 lbs / 2 kg of Bath Salts, enough to fill 5 half quart Mason Jars

TIMING

- Prep Time / Clean Up: 5 Minutes
- Perform Time: 10 Minutes
- Total Time: 15 Minutes

SUPPLIES

- [Digital Scale](#)
- Large Stainless Steel or Glass Mixing Bowl
- Medium Mixing Bowl
- Spoon or Spatula
- Measuring Spoons
- Latex or Nitrile Gloves
- Jar Funnel (optional)
- Mason Jars or Other Containers (you will need packaging for 2 ½ quarts of salts)

INGREDIENTS

- 25.4 oz / 720 g [Bath Bomb and Fizzy Base](#) (36%)
- 17.6 oz / 500 g [Solar Sea Bath Salts](#) (25%)
- 24.7 oz Epsom Salt (Available at pharmacies) (35%)
- 5 ml / 1 tsp. Liquid Colorant in [Grass Green](#) or [color of your choice](#) (optional)
- 5 ml / 1 tsp. Liquid Colorant in [Crystal Blue](#) or [color of your choice](#) (optional)
- 1.4 oz / 40 g [Polysorbate 80](#) (2%)
- 0.71 oz / 20 g [Lavender 40/42 Essential Oil](#) (1%)
- 0.35 oz / 10 g [Peppermint, 2x distilled Essential Oil](#) (0.5%)
- 0.35 oz / 10 g [Eucalyptus Globulus 80/82 Essential Oil](#) (0.5%)

DIRECTIONS

Before starting this tutorial please make sure to read all instructions. Do not weigh fragrance oils into plastic containers; use glass or stainless steel. Use gloves when mixing to keep your manicure from getting scratched.

Step 1 – Mix Bath Bomb Base

Combine the essential oils and Polysorbate 80 in a large mixing bowl. Stir to combine.

Add in the Bath Bomb and Fizzy Base and Epsom salt. Mix thoroughly with your hands. Set aside.

Step 2 – Color Salts & Combine

Place approximately half of the Solar Sea Bath Salt in a medium mixing bowl. Add 1 tsp of Grass Green Liquid Colorant. Mix until the salts are completely coated. Pour the green colored salt into the bowl with the Epsom salt mixture.

Place the remainder of the Solar Sea Bath Salt into the medium mixing bowl. Add 1 tsp. of Crystal Blue Liquid Colorant. Mix until the salts are completely coated.

Transfer the blue colored salt into the large mixing bowl with the Epsom salt mixture. Use your hands to mix everything together.

Step 3 – Transfer to Mason Jars

Transfer the finished fizzy salts to Mason jars using a jar funnel. You can also package the salts in decorative jars or plastic bags.