

### Lemon & Lavender Bath Salts Supply List

1 cup Epsom salt  
10 drops lemon oil  
1/2 cup coarse sea salt  
10 drops lavender oil  
label  
string, 12 inches long  
Optional additions:  
Dried lavender  
Grated lemon zest  
Food coloring.

### Peppermint Sugar Scrub

Ingredients:  
1/2 cup coconut oil  
1 cup sugar  
15-20 drops peppermint oil  
label  
string-12 inches long

### Lemon & Lavender Bath Salts Directions

Mix ingredients well. Put in container.  
Use label to write what is in container and tie with a string onto the container.

To use:  
Add 2 Tbsp to bath water & enjoy!

### Peppermint Sugar Scrub

Mix ingredients well. Put in container.  
Use label to write what is in container and tie with a string onto the container.

To use:  
Start by rubbing 1 Tbsp at a time into your skin. Make sure to rinse off.