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Make Your Own Simple Bath Soak

Sometimes the best DIYs are the simplest ones. This easy bath soak takes just a few minutes to mix and turns an ordinary bath into a little at-home escape.

You'll Need

- 1 cup Epsom salt
- ½ cup baking soda
- ¼ cup fine sea salt
- A few drops of skin-safe fragrance or essential oil *(optional)*

Make It

Combine the Epsom salt, baking soda, and sea salt in a clean, dry bowl.

If you'd like to add fragrance, start with just a few drops and mix very thoroughly. A little goes a long way.

Transfer your bath soak to a clean, dry jar with a tight-fitting lid.

How to Use

Add about ½ cup to warm running bath water and swish the water with your hand to help dissolve the salts. Then settle in and enjoy.

DIY Tip: Skip the dried flowers and herbs. They may look pretty in the jar, but they're considerably less charming when you're cleaning them out of the bathtub.

Make It Your Own

Try keeping it completely unscented, or choose a relaxing skin-safe scent you already enjoy.

And if you're looking for something a little more indulgent? Our handcrafted bath products take things several steps beyond this simple kitchen version.

Sometimes simple is perfect. Sometimes you want us to do the experimenting for you. 🤔