

Relax Bath Soak

2 cups Epson Salt

1 cup Baking Soda

¼ cup Apple Cider Vinegar

5 drops of Clarify Essential Oil (Solle naturals)
or any Essential Oil that calms and relaxes you

Mix Essential Oil with Epson Salt & Baking Soda before bath,
add to water, then pour in ACV.

Sit Back & Relax!

