

Hand-y Craft: Bath Salt Jar

Materials Needed:

- Quart canning jar with lid and ring
- 4x4 square of fabric
- Batting or cotton balls
- Raffia or Ribbon
- Craft paint
- Bath Salts – (Purchase or make your own with the recipe below)
- Craft Glue

It's time to create your Bath Salt Jar

Step 1: Paint your hand and place it on the Jar. Repeat with a different color or use a different color for each child. Let dry.

Step 2: If using batting, cut batting to the size of the lid.

Step 3: Place batting or cotton on the wrong side of the fabric and cover with the lid.

Step 4: Glue the fabric to the lid by folding the fabric over bottom of the lid incasing the batting.

Step 5: Make and fill the jar with bath salts.

Step 6: Put the lid on and close with jar with the ring.

Step 7: Tie raffia or ribbon around the jar.



Ingredients

Salt – 4 cups

Coarse Sea Salt

Fine Sea Salt (texture like a sugar scrub)

Epsom Salt

Dead Sea Mineral Salt

Himalayan Salt

Pickling Salt

Bolivian Pink Salt

Utah Red Sea Salt

Emollient – 1 cup

Almond Oil

Sesame Oil

Jojoba Oil

Olive Oil

Cacao Butter

Coconut Oil

Apricot Oil

Avocado

Honey

Essential Oil (and main properties) – 5-10 drops

Lavender (lifts mood, relaxing)

Jasmine (lifts mood, soothes nerves)

Peppermint (soothes pain, digestive)

Eucalyptus (antiviral, decongestant)

Tea Tree (antibiotic, boosts immune)

Lemongrass (digestive, lifts mood)

Ginger (digestive, laxative)

Lemon (detoxifying, energizing, digestive)

Orange (detoxifying, energizing)

Grapefruit (detoxifying, digestive)

Rose (laxative, liver tonic, lifts mood)

Extras – add amount desired

Alcohol-free Vanilla extract (extra aromatherapy)

Vitamin E (extra skin healing)

Nut shells (extra exfoliation)

Crushed cucumber (extra vibrant skin)

Mix all ingredients in a large bowl. You may want to mix essential oil into emollient oil first, then add to salt for better blending. Use immediately or store in an air-tight container – the best is a glass jar.

Tips

If you plan to give homemade salts as gifts or store for long periods, mix your essential oils with a small amount of dendritic salt first – about ½ cup for this recipe. This finely ground salt absorbs the oils to increase the life of the aroma and reduces clumping.

If you'd like to make unscented homemade bath salts, but still want the healing properties of herbs, use crushed herbs instead of essential oils.

For a dry homemade bath salt, omit the emollient and simply use salts and essential oils/dried herbs.

If you'd like to add color to your salt, add crushed herbs (try flower petals like lavender, jasmine or calendula). Some natural micas may be safe, but be careful of additives. We do NOT recommend the use of food coloring or other dyes. Also, do not use conventional perfumes or fragrance. ~<http://www.whole-body-detox-diet.com/homemade-bath-salts.html>