

## Bath Salts

### Preparation no.1

Coarse pink himalyan salt 1 cup

Dead sea salt 1 cup

Epsom salt 2cup

Rose petals

### Preparation no.2

One cup mineral sea salt

Colour (mica)

Pink himalyan salt 1 cup

Calendula petals

### Preparation no.3

Dead sea salt 1 cup

Epsom salts 2 cup

Fragrance oils

Lilac colors

Coarse lavender flowers

Benefits

1-Muscles pain and stiffness relaxation

2-relieve aching joints

3- arthritis

4-Headache

5-Anxiety and stress

6-Dry and itching stress

7-Detox bath

8-Improve health

9-Treat constipation

10-Insomnia