



Ben Franklin Crafts®

Healthy Heart Baths

HIGH BLOOD PRESSURE SALT SOAK

Ingredients

- 2 cups Dead Sea Salt 30199211
- 1 cup Himalayan Salt
- ½ cup baking soda
- 5 drops Lavender Essential Oil 30199221
- 5 drops Bergamot Essential Oil 30199216

LOW BLOOD PRESSURE SALT SOAK

Ingredients

- 2 cups Dead Sea Salt 30199211
- 1 cup Epsom Salt 30199214
- ½ cup baking soda
- 10 drops Peppermint Essential Oil 30199225

Directions

- Measure out and add the dry ingredients to a mixing bowl.
- Mix dry ingredients with clean hands or a whisk.
- Add oils and mix again.
- Pour mixture into a jar.
- Store in a cool, dry and dark area when not in use.