

Heart Healthy Baths - High Blood Pressure Soak & Low Blood Pressure Soak

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MATERIALS

HIGH BLOOD PRESSURE SALT SOAK

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

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.