

Disinfectant Salt Soak - Use after the first sign of cold or flu

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MATERIALS

2 cups Dead Sea Salt 30199211

1 cup Epsom Salt 30199214

½ cup Baking Soda

5 drops Tea Tree Essential Oil 30199230

5 drops Eucalyptus Essential Oil 30199219

5 drops Bergamot Essential Oil 30199216

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.