

If you've never taken a milk bath, especially one with salts, I highly recommend it! I take at least 2-3 each week, sometimes more if I'm having an especially stressful or physically exhausting week. Relax and enjoy!



### **Ann's Milk Bath**

3 cups powdered milk

1 cup cornstarch

1 cup baking soda

1.5 cups Dead Sea salt

1.5 cups Epsom salt

Approx. 40-50 drops essential oil blend of your choice (I personally love lavender eucalyptus)

*Directions:* Mix all dry ingredients together in a large bowl, and add the oils last

*To use:* Add ½ to 1 cup to your very warm bath. Soak for at least 40 minutes for maximum benefits.

This recipe makes two 32 oz wide-mouthed Mason jars (one to keep and one to share), or get a large 64 oz Mason jar and keep it all for yourself!