



# Recipe

## Bath Tea

### *Kitchen Ingredients*

- Sea Salt, Pink Himalayan Salt (1 cup)
- Epsom Salt (1-2 cups)
- Oatmeal 1 -1.5 cups
- Olive oil (2-4 tbsp)
- Baking soda (1 cup)
- Green Tea Bags(6-8) Looseleaf(½ cup)

### *Garden Ingredients*

- Mint
- Sage
- Thyme
- Violas
- Chamomile
- Cornflower
- Lemon Balm
- Rosemary

### *Supplies*

- 1 cotton/hemp/burlap tie bag **OR**
- 1 cheesecloth towel and a rubber band or string.
- Any ingredients from our garden and kitchen ingredient list.



## *Directions*

1. Choose ingredients that you would like to add to your bath tea.
2. Follow the recommended amount on your ingredient cards and fill your tie bag or place in center of cheesecloth towel.
3. After all ingredients are added tie your bag or gather all ends of the towel and tie them together.
4. Start your bath and place the tea bag under the running water. Keep the tea bag in water for the duration of your bath.
5. Soaking in the bath for no more than 15 minutes is recommended to keep the skin from dehydrating.

## *Want a stronger tea?*

1. Place herbs in a pot of boiling water. Steep for an hour or overnight.
2. Strain water into another pot to remove the herbs.
3. Fill the tub with warm water.
4. Add brewed tea to your bath.

