



Magnesium Rich Mineral Bath

a simple bath blend made with magnesium

Ingredients

- 4 cups (750 grams) Magnesium Chloride Flakes
- 1 cup (350 grams) Himalayan Pink Salt
- 1 cup (350 grams) Sea Salt, Fine
- 1 cup (350 grams) Dead Sea Salt, Medium
- 4 tablespoons (60 grams) Coral Calcium Powder
- 10 drops Spearmint Essential Oil
- 5 drops Eucalyptus Essential Oil
- 5 drops Lavender Essential Oil

Makes about three 620 gram Salt Tubes

Directions:

1. Combine sea salt with essential oil in mixing bowl. Stir well to disperse the oils completely.
2. Add coral calcium powder and stir again.
3. Add remaining salts to bowl and stir together until well blended.
4. Transfer to jars or salt tubes.

Usage & Packaging:

- We used our 3 x 6 Round Salt Tubes to package this recipe. It would also look great in our 16 ounce PET Jars.
- To use, add half or whole tube's worth of mineral bath to hot bath water and stir to dissolve.

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