

**HOMEMADE IN THE KITCHEN: SPA GIFTS FOR GIVING**  
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Try these natural spa products to restore your skin to summer silkiness! And to find the products you need to make these, look no further than **NATURAL FOODS!** For more information on specific herbs to use with these salts, along with essential oils, go to my website [www.abouteating.com](http://www.abouteating.com)!

**RITA'S HOMEMADE BATH SALTS**

The two ingredients that are key here are sea salt and epsom salt. I developed this recipe as my "signature", copyrighted bath salt recipe.

The dry milk is a soothing ingredient. Epsom salt is soothing to sore muscles and is found in the pharmacy aisle. A little more or less of any ingredient is OK for both salts and soap. And if you want to really make it just like the expensive versions at the bath & body shops, add a tablespoon or so of fine granulated sugar or powdered stevia and pack a few vitamin E tablets in which will melt in the hot bath water. The sugar is antiseptic and scrubs your skin and makes it soft, while the vitamin E acts as an anti-oxidant and is soothing to cuts and scrapes.

**Master Recipe:**

**Mix together:**

**1 cup Epsom salt**

**¼ cup sea salt**

**2 tablespoons baking soda**

**Variations:**

**1 tablespoon dry goats milk**

**1 tablespoon regular (not instant) oats, run through a blender (opt)**

**1-2 tablespoons bath herbs of your choice, finely ground or not, your choice, or a few drops essential bath oil of your choice**

**2 teaspoons granulated sugar**

**Vitamin E capsules**

**Wheat Germ capsules**

**Primrose capsules**

**Vitamin C tablets**

**Mix together. You can add food coloring – depending upon how thorough you are in mixing, all the crystals won't be colored, but you'll get pretty "dots" of color here and there. To use, pour ¼ cup into a hot bath.**

### **MARVELOUS MASSAGE OIL**

1/4 cup almond or jojoba oil

20 drops essential oil of your choice or 1 tablespoon dried fragrant herbs

Pour oil into sterilized jar, or rinse jar out with cider vinegar, let dry and then proceed. Cider vinegar kills any bacteria in the jar.

Add oil or herbs and shake well. Let steep in a dark place for about a week to mature. Add 1 tablespoon to bath or use a small amount on skin. If using fresh or dried herbs, strain before using. This makes a nice gift in a pretty decanter.

### **FOAMING BATH OIL**

1/2 cup your choice of oil: almond, jojoba, grapeseed, apricot kernel, unscented baby oil, sunflower or avocado

1/4 cup mild, unscented liquid soap like Ivory, or baby shampoo

10 drops essential oil of your choice

Stir together gently and let set a few days to mature.

### **Tip from Rita's kitchen:**

Add a splash of organic cider vinegar to your bath for a body tingling experience

### **Why these are good for you:**

- Jojoba oil is most like the oils your skin produces
- Ivory soap and baby shampoo are natural with no additives
- Cider vinegar restores acid balance to your skin.

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