



[DIY Inflammation Fighting Bath Salts](#)

Instructions and tutorial photos found on [AnnsEntitledLife.com](#)

DIY Inflammation Fighting Bath Salts Mise en Place:

- Mixing Bowl
- [Measuring Spoons](#)
- [Whisk](#)
- [Glass Measuring Cup](#)
- [Glass Jar with Lid \(12oz\)](#)
- Ribbon and Label (if desired)

DIY Inflammation Fighting Bath Salts Ingredients:

- 6oz Baking Soda
- 4oz [Borax](#)
- 2oz [Himalayan Sea Salt](#)
- 12 drops Pure [Bergamot Essential Oil](#)
- 15 drops Pure [Lemongrass Essential Oil](#)
- Optional 1 TBSP Dried Lemongrass

DIY Inflammation Fighting Bath Salts Directions:

- Measure out the baking soda into a mixing bowl and be sure to remove (or break apart) any large clumps.
- Add in your [Himalayan Sea Salt](#) and [Borax](#).
- Whisk together until well blended.
- Add in the dried lemongrass (if you are using it) and just mix in until it's coated in the salts.
- Add in the [Bergamot Essential Oil](#) and [Lemongrass Essential Oil](#).
- Whisk together until well blended.
- Take a deep breath while you're mixing, it smells so good!
- Spoon your Inflammation Fighting Bath Salts into a jar (12oz+) with a lid.
- Label the jar if desired. (To keep the label from getting damaged in the bathroom moisture, just

cover it with some scotch tape!)

To Use the DIY Inflammation Fighting Bath Salts:

- Add two tablespoons of DIY Inflammation Fighting Bath Salts to your bath water. You don't want to over-do it. Use this once or twice a week, or as needed to help you relax and relieve muscle pain.

Note: None of this is meant as medical advice. I am not a doctor, and do not play one on the internet. Please consult a physician if you have any questions about using essential oils or bath salts so your doctor can better explain to you the benefits, possible side effects, and any warnings about essential oils and bath salts.