

Chamomile Milk Bath

- 2 cups powdered milk
- ½ cup baking soda
- ½ cup corn starch
- ½ cup Epsom salts
- 2 tablespoons dried chamomile, crushed
- 8-10 drops lavender essential oil

YIELD: (4) 4-oz mason jars. 1 jar is enough for 1 bath.



1. In mixing bowl, add lavender oil and Epsom salts. Stir to combine.
2. Add remaining ingredients and whisk together.
3. Use funnel to transfer to jar or other airtight container.

