



HOW TO CREATE A GROUNDING BATH

2 - 3 times per week at the end of the day

WHAT YOU WILL NEED:

Epsom Salts (2 big cups)

Choose your favorite grounding essential oils such as:
Lavender, Vetiver, Frankincense, Palo Santo, Cedar, Sandalwood

INSTRUCTIONS:

Before turning on the water add Epsom Salts to your tub.
Next, add your essential oils to the Epsom Salts.
Once done, fill your tub with water.

