



Make your Own Soaps/ Bath Salts



Not only hours of fun to make but great gift ideas for friends and family!

Oatmeal Soap

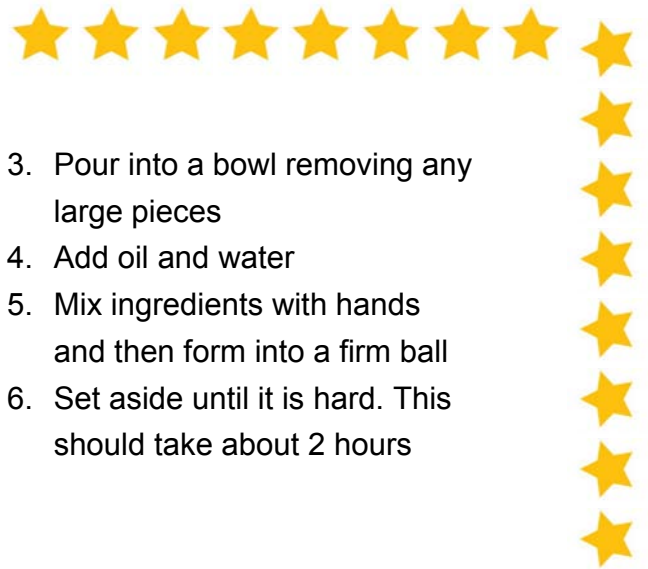
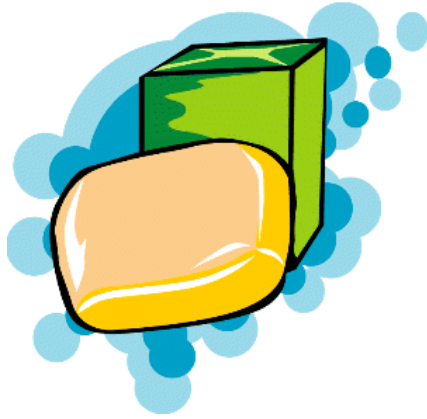
Ingredients:

- 1/2 cup oatmeal
- 1/2 cup soap shavings
- 1 1/2 tablespoons cooking oil
- 1 tablespoon water

Method:

1. Place soap shavings in a plastic bag and hammer until broken into smaller bits
2. Place soap and oatmeal in a blender and pulse until the mixture looks grainy

*Make your own- soap and bath salts
Page 1 of 2*



3. Pour into a bowl removing any large pieces
4. Add oil and water
5. Mix ingredients with hands and then form into a firm ball
6. Set aside until it is hard. This should take about 2 hours

Now take time off for a luxurious bath and use your homemade soap. Enjoy!

Bath Salts

Ingredients:

- 2 1/2 lb Epsom Salts
- food colouring- small amount only or it will stain the bath!
- splash of perfume
- ribbon for decorating

Method:

1. Place all ingredients together in a bowl
2. Stir with a metal spoon until the colour is evenly spread throughout
3. Pour into small jars and seal
4. Leave in a cool dry place for 5 weeks (while the salts absorb the perfume)
5. Decorate jars with ribbon