

# DIY BATH AND BODY GIFT BASKET INSTRUCTIONS

## **This gift basket will include:**

- 1 Soothing Lavender Bath Salts
- 1 Nourishing Oatmeal & Lavender Bath
- 1 Rose and Chamomile Bath Tea
- 1 Lavender Body Oil

## **You will need:**

*Double or triple the amounts in order to make more, if desired.*

- 12 ounces Epsom salt (about 1½ cup)
- 4 ounces (about ½ cup) sea salt
- lavender essential oil
- 1 tablespoon coconut oil
- 1 cup grapeseed, jojoba, safflower or olive oil
- ¼ cup oats
- ¼ cup sunflower seeds
- 2 tablespoons dried lavender buds
- ¼ cup dried rose petals (these can be replaced with lavender buds, if desired)
- ⅓ cup dried chamomile flowers
- 2 muslin tea bags
- 1 plastic jar for bath salts
- 1 bottle for body oil
- basket or box to gift these lovely items
- mixing bowls and spoons (you'll need 4 bowls)  
coffee grinder, food processor, or high powdered blender

Find a list of ingredients here: [adelightfulhome.com/DIY-Basket](http://adelightfulhome.com/DIY-Basket)

## **Instructions:**

### **Step one:**

Gather supplies and set out mixing bowls and spoons.

### **Step two:**

Place 11 ounces (1⅓ cups) Epsom salts in one bowl and 2 tablespoons in another bowl. Add 4 ounces (1/2 cup) sea salt to the first bowl with the larger amount of Epsom salts

**Step three:**

In a small bowl mix 1 tablespoon coconut oil, 10 drops lavender essential oil. Add this to the first bowl with the Epsom salts and sea salt. Stir to combine.

Place this mixture in the plastic jar and label: Lavender Bath Soak

Include these instructions: pour entire contents of jar into a warm bath as it is filling with water. To relax and soothe tired muscles, soak for at least 15 minutes.

One product complete!

**Step four:**

To the other bowl containing Epsom salt, add ¼ cup dried rose petals and ⅓ cup dried chamomile flowers.

Stir to combine. This mix will need to be added to a muslin bag and floated in the tub to avoid clogging the drain. You may add the mixture to a muslin bag now, or place in a clear jar and include the bag along with it giving specific instructions that the mixture should be added to the bag before use.

Product two complete!

**Step five:**

Now we will make the soothing oat bath.

In a coffee grinder, place ¼ cup oats, ¼ cup sunflower seeds, and 2 tablespoons lavender flowers.

Pulse the grinder a few times until a mixture becomes a fine powder. Pour mixture into a a muslin tea bag and include the following instructions:

This Nourishing Oatmeal & Lavender Bath is intended for one-time use.

To use: place bag in tub as it fills with water. Once tub is full, allow bag to float. Soak in the tub for at least 20 minutes. May use bag as a type of scrubbing sponge as you bathe.

Third product complete!

**Step six:**

Time to make the final product: Body Oil

Pour oil into designated bottle and add 6 drops of lavender essential oil.

Replace cap and close tightly. Shake to combine.

Add a label. Include instructions: use all over the body after a bath or shower to nourish and moisturize the skin.

You're done!

Place all jars and muslin bags in a pretty basket or box. Be sure instructions are included.