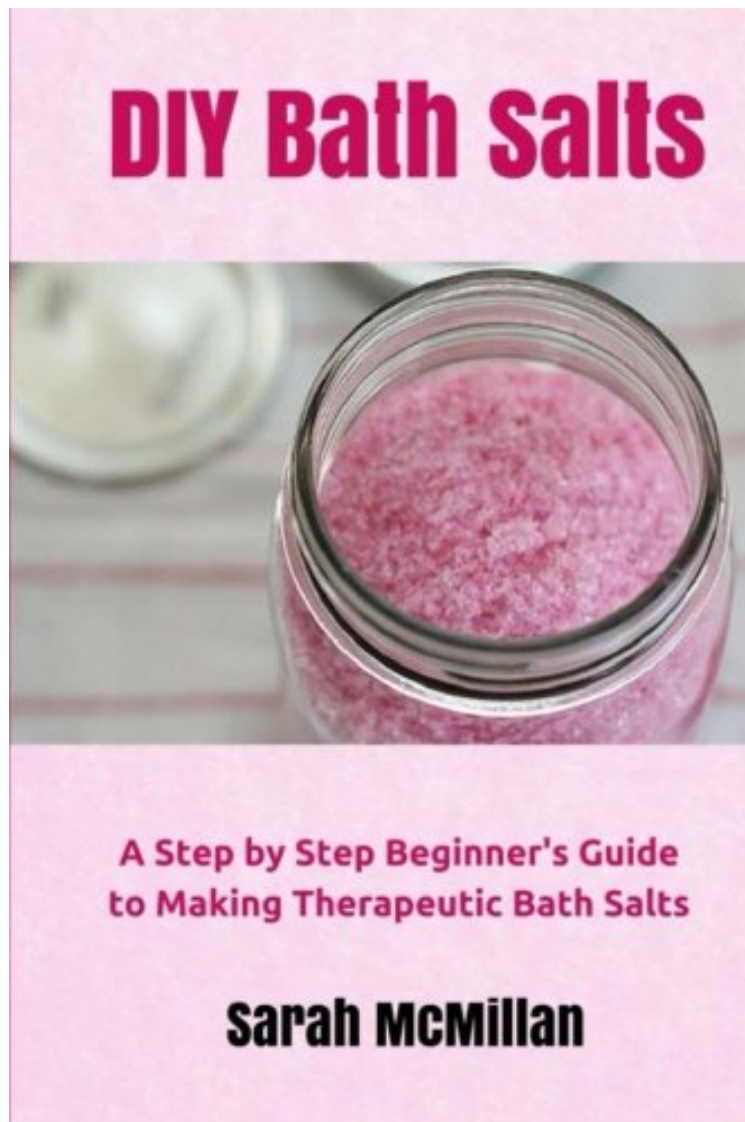


[Download pdf] DIY Bath Salts: A Step by Step Beginner's Guide to Making Therapeutic and Natural Bath Salts

## DIY Bath Salts: A Step by Step Beginner's Guide to Making Therapeutic and Natural Bath Salts

*Sarah McMillan*

*\*Download PDF / ePub / DOC / audiobook / ebooks*



DOWNLOAD



READ ONLINE

#142219 in Books 2014-12-14Original language:EnglishPDF # 1 9.00 x .18 x 6.00l, .26 #File Name: 150554337178 pages | File size: 17.Mb

**Sarah McMillan : DIY Bath Salts: A Step by Step Beginner's Guide to Making Therapeutic and Natural Bath Salts** before purchasing it in order to gage whether or not it would be worth my time, and all praised DIY Bath Salts: A Step by Step Beginner's Guide to Making Therapeutic and Natural Bath Salts:

1 of 1 people found the following review helpful. Now I have a full spa experience!By KristyI've bought Sarah

McMillan other book "Bath Bombs for Beginners: How to Make Refreshing Bath Bombs for Relaxation, Stress Reduction, and Better Health" and when I checked her Author Page I saw this book on how to make bath salts. So I've decided to buy it because I already know how to make bath bombs and with this book I've learned how to make bath salts. Today I have a full spa experience when I take my baths and save money as well because if I had to purchase, I wouldn't be able to afford my every day bath showers. There are 40 great bath salts recipes in this book to choose from. I can also gift both the bath salts and bath bombs as a package and sell it too. At the end of this book Sarah will show you the different containers for your bath salts. The bath salts helps to cleanse and detoxify your body skin and relief from common ailments such as arthritis, muscle pain, seasonal allergies, insomnia, colds, and the flu. Great book! I'm glad I bought it. 1 of 1 people found the following review helpful. Useful !!! By The Learner Bath salts are very expensive, but are great to use for long soak. This book has great tips and step-by-step instructions to make your own bath salts at affordable price at home. You will find many different kinds of salts that can transform your bath into a healing spa. I bought this book and I liked it so much that I started making bath salt at home as Christmas gifts for all my friends and relatives and everyone is so happy with it. 0 of 0 people found the following review helpful. So Easy By TVen I found out the amazing benefits of using epsom salts in my baths a few months ago. I learned in this book that there are many more types of salts and I plan on trying some of them with the great recipes in this book. The process of making bath salts is extremely easy and only takes a few minutes which I love. I cant wait until next Christmas to make the Frankincense and myrrh salts for presents, in the mean time I will be trying out recipes for myself to test out

DIY Bath Salts: A Step by Step Beginners Guide to Making Therapeutic and Natural Bath Salts Looking to make bath salts at home but not sure that its for you? When I began looking into making DIY bath salts, I had a lot of questions about the ingredients as well as the finished product. Would they be easy to find? Do homemade bath salts work as well as commercially produced ones? We usually think of bath salts as something to be found in stores and often, we think of them as luxury goods we cant really afford. The good news is that you dont have to spend a bundle on expensive bath salts. In fact, once you get started, you can make unbelievable amounts of marvelous-smelling, therapeutic bath salts for just pennies per use. I dug up lots of different recipes while learning to make my own bath salts, some of which were great and others which werent exactly my cup of tea. I made a few mistakes along the way, but eventually, I gained the confidence to develop my own recipes for bath salts. If youre interested in making luxurious spa products, saving money, and even improving your health naturally, DIY bath salts are for you. Learn how to turn natural salt, a few humble herbs, and natural, healing essential oils into delectable bath salts that make even the most basic bathtub seem like a fancy spa. . Also, youll discover.. Which herbs and essential oils are best for bath salts Simple methods for creating bath salts worthy of gift-giving Easy, step-by-step instructions for getting started And much more! Table of Contents Choosing Bath Salts: Healing Benefits and More There are many different kinds of salts that can transform your bath into a healing spa. Learn which ones to use for various situations. Bath Salts for Health and Healing: Choosing Quality Ingredients Discover the top herbs to incorporate into homemade bath salts, and learn about the benefits of some of the worlds most useful essential oils. Above Average Bath Salts: 40 Simple Recipes Learn the simple, basic method for making bath salts at home, then get started with 40 fabulous recipes. Inexpensive, Yet Elegant: Bath Salts for Gift Giving Tips and ideas for giving homemade bath salts as gifts for any occasion.