

Aura Cacia®



pure aromatherapy



ROSE PETAL MINERAL SOAK

INGREDIENTS:

- Generous heap of fresh, torn rose petals
- ½ cup Epsom salt
- 1 tablespoon sodium bicarbonate
- 3-4 tablets (crushed) or 1 tablespoon of citric acid crystals
- 18 drops grapefruit essential oil
- 15 drops ginger essential oil
- 3 drops rose otto essential oil or rose absolute essential oil

DIRECTIONS:

Mix ingredients and dissolve into bath.

For more recipes visit www.auracacia.com