

Bubbly Bath Salts

This recipe combines the fun of a bubble bath with the muscle-soothing power of bath salts. I love to give this to my friends as a gift, packaged in a fun container, along with a bright washcloth or rubber ducky.

- 1/2 cup liquid soap**
- 1 tablespoon light oil, such as canola, sunflower, or almond**
- 3 to 4 drops food coloring (optional)**
- 6 cups rock salt or kosher salt**

Stir the soap, oil, and food coloring together. Pour this mixture over the rock salt and stir until the salt crystals are evenly coated. Spread the salt out in a thin layer on a cookie sheet covered with wax paper and allow it to air-dry until all of the moisture has evaporated. This can take up to a full day; if you want to speed the process, put the salt in the oven on the lowest heat setting (without the wax paper).

To use, pour $\frac{1}{4}$ cup of the salts under running water while drawing a bath. Relax in the tub and enjoy!

Yield: 48 ounces

COLOR YOUR WORLD

Color is visible light energy and is used in bath and beauty products to enhance your senses or create a mood. Natural earth tones and pastel colors such as blue, green, and pink can be relaxing, while bold, vibrant colors such as orange, yellow, and red can be warming and energizing. When making your own products, you get to decide whether to add color or leave it out. You can use the food coloring found in the baking section of your grocery store (it may be synthetically produced, but I figure if it's safe to eat, then your skin won't mind a couple drops!). For all-natural choices, try exploring natural food stores and websites. Or if you're feeling adventurous, experiment with your own homemade colors using herbs, spices, and other natural ingredients from the list below.

Pink to Red: Beets, raspberries, red clay, hibiscus tea, paprika

Green: Liquid chlorophyll, green clay, spinach juice

Yellow: Turmeric, mustard powder

Orange: Carrot juice, calendula petals

Blue to Purple: Blueberries, red cabbage, lavender flowers

To extract the color from spices or flower petals, mix them with equal parts witch hazel or boiling water, let the mixture steep for several hours, then strain out any solids. Add the colored liquid to the recipe, a few drops at a time, until you create a shade you love!

