

1. Oatmeal Bath Sachets

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These cute little oatmeal bath sachets can also be used in the shower! Oatmeal is great for soothing sensitive skin and helps add much needed moisture during the winter months.



Instructions:

1. Gather your ingredients—old fashioned oats, a bar of soap, & the essential oil of your choice. I used lavender but eucalyptus, vanilla, lemon, peppermint, or cinnamon would all be nice as well.
2. Use a pinking shears to cut 6 small rectangles of thin fabric (approximately 4×6") I used a plain muslin but you could also use a pretty pattern. Placing 2 of the rectangles together, quickly sew around three sides to make a little cloth bag. Repeat for the other 2 bags. (Alternatively you could use small organza party favor bags found in the wedding section at the craft store.)

3. Measure 1 1/2 cups oatmeal into a bowl; use a knife to shave approximately 1 tablespoon of soap into oatmeal, then add 15-20 drops of your favorite essential oil. Mix well.
4. Carefully pour into prepared bags.
5. Sew shut the open side of each bag, then trim the excess to make a square shape.