

## **2. Homemade Bubble Bath**

From: [www.LivingWellSpendingLess.com](http://www.LivingWellSpendingLess.com)

*I love taking bubble baths—the more bubbles the better—but I can't stand artificial scents of most commercial bubble baths that are available. This super easy recipe uses a shampoo base. Try lavender for a relaxing bath (great for bedtime baths for your kids, too!) or eucalyptus for a soothing bath when you are sick.*



### **Instructions:**

1. Gather your ingredients—unscented shampoo, 1/2 cup water, salt, & essential oil(s).
2. Measure 1/3 cup shampoo into large measuring cup or bowl; add water & mix well.
3. Add 1 teaspoon salt and mix well until mixture thickens; add 15 drops of essential oil.
4. Pour into 8oz jar or bottle; use 2 tablespoons per bath.