

LIFE HACKS

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GAYLORD HOTELS®

How to Make a Lavender Bath Fizz at Home



Ingredients:

- 4 ounces baking soda
- 1 ounces Epsom salt
- ½ tsp citric acid
- 1 tablespoon coconut oil
- few drops of food coloring
- few drops of lavender oil
- dry lavender buds

Steps:

1. Mix dry ingredients in bowl.
2. In a separate bowl, mix wet ingredients.
3. Combine wet and dry ingredients.
4. Stir to create a clay-like mixture
5. Add dry lavender buds to boost relaxation.
6. Press into ball mold.
7. Let dry for 24-48 hours.

Drop in your next bath and enjoy!!!