

Home Made Epsom Salt Bath Cubes



Prep time	2 hours, 20 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe
Misc	Child Friendly , Pre-preparable
Occasion	Personal Care

Ingredients

- 1 cup Epsom salts
- 1 heaped tablespoon bicarbonate of soda
- 3 teaspoons glycerine
- 2 teaspoons water
- Rice bran oil (for greasing)

Directions

1. Mix together the dry ingredients into a large microwave proof bowl.
2. Combine the glycerine and water in a separate bowl and mix until well blended.
3. Pour the liquid onto the dry mixture and stir until well blended. When mixed in it will look like wet sand.
4. Place the bowl in the microwave and heat on high for 1 minute.
5. Grease the molds with a drop of oil and blot up any excess oil with some paper towel.
6. Pour the heated mixture into the molds until 1/2 to 3/4 full. The mixture will continue to expand; if they get too high wait until it has cooled a bit and press them back down.
7. Leave the bath cubes to cool completely (about 2 hours) and harden then turn the molds over and gently press the cubes out.
8. Store the cubes in an airtight container until ready to use.



Note

Low Chemical / Failsafe

Any type of mold can be used, large or small. Silicon molds are better as they are easier to push out.