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Herbal Project

How to make herbal bath salts




Kimberly & John Gallagher

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Our "Herbal Projects" are simple experiences to help further your herbal education in a fun, simple, inspiring and informative way. We encourage you to sign up for the Herbal Branches newsletter at www.LearningHerbs.com. Experiences much like this e-report are sent to your in-box monthly at no charge. If you registered your Kit, you will automatically be added to this list.

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We suggest that you do not work on this project until after you complete the Herbal Medicine Making Kit and the Roots and Branches Herbal Home Study Course. The kit and course help you understand our underlying philosophy in herbal education. Therefore, you will get more out of this experience. However, you will certainly get a lot out of the experience if you do not yet own the *Herbal Medicine Making Kit*. This project may help you decide if our comprehensive herbal learning system is for you.

How to Make Herbal Bath Salts, a LearningHerbs.com Herbal Project

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Thanks to Rachel Nolan for helping with the bath salts.

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Welcome



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Herbal bath salts were one of the first herbal projects my husband John and I worked on together. When we first started learning about herbs together, we gave many of our creations away as gifts. Not only were bath salts easy to make, people love them and actually use them. Often we found many of the tinctures we gave as gifts to our parents were still in their medicine cabinets years later. However, everyone loves bath salts.

What follows is the exact recipe we first used. I wrote this originally as an Herbal Branch for the 2005 Holiday Season. Bath salts do make great gifts, but more than anything, they are relaxing and healing for you. If you do make them as gifts, be sure to make plenty of extra salts for yourself!

Enjoy! (and relax....)





Our Basic Bath Salts Recipe

Bath salts are simple to make and so luxuriously relaxing for you or people you make them for. You can even make special bath blends tailored to the people on your gift list.

Here's our basic recipe for how to make bath salts. You can feel free to play with it and make substitutions or additions to personalize it.

So, in a big bowl you will be mixing together:



- **Two parts Dead Sea Salt:** A sea salt from the saline and mineral rich marshes of the Dead Sea, this is a therapeutic salt, rich in many key elements. It is very fine and partially moist so it works well in bath salt blends.
- **Two parts Course Sea Salt:** This course salt adds the sea salt look and texture to your blend.



- **Two parts White Cosmetic Clay:** Clays carry natural source clay minerals and are cleansing and invigorating. The white clay is fine, fluffy and versatile, great for bath blends.
- **One part Epsom Salt:** This is the common bath salt most of us are familiar with that's so soothing for sore feet, and also for minor sprains and bruises.
- **One part Borax Powder:** What? Why would I put borax in my bath? Well, this borax powder from Mountain Rose does not contain the surfactants and detergents in commercial Borax powders. It acts as an emulsifier, natural preservative and buffering agent within the bath salt blend.
- **One part Baking Soda:** Baking Soda is a natural source Sodium Bicarbonate. It soothes minor skin irritations and itching, and it also acts as a pH stabilizer.
- **1/2 Teaspoon Lavender Essential Oil** per 2 cups of mix: We love lavender oil in our baths for its wondrous, relaxing scent. (You can play around with other essential oils too, finding the perfect scent.)

So, now you just decide how many people you would like to gift with bath salts, and what size jars you would like to give.

Then you will know how much mix you want to end up with and can work backwards to figure out your measurements.

Next...



1. Mix everything except the essential oil together with your clean hands enjoying the smooth feel of the clay.



2. Add the lavender oil last, spreading it around as you add it, rather than dropping it all in one place. Then mix again with your hands.



3. Choose your decorative jar and dress it up with a holiday ribbon, and you're done.



If you want to get more fancy with your bath salts, you can also add dried herbs to them – soothing, calming dried calendula or chamomile flowers; or stimulating, reviving dried rosemary or peppermint leaves.

The possibilities for bath salt recipes are virtually endless.

If you do add herbs be sure to include a small cloth or mesh bag with your gift so the herbs don't clog the tub drain.

Oats in your bath?

Oats are another great bath ingredient – also to be put inside a mesh bag. They create a smooth milky feel to the water and leave your skin feeling soft and smooth.

Once you've made the bath salts, and realize how easy it is to put together your own herbal gifts you may find you want to explore other herbal gift options.



For the last few years we've made our own gifts for all of our relatives, and we find it so much more fun and satisfying than shopping. There's a whole world of possibilities waiting for you to discover.


We've made salves and lip balms, teas and tinctures to give away. How would you get started with these sorts of projects?

Well, check out our Herbal Medicine Making Kit. It's an easy way to learn the basics, and have your first gifts in a matter of days. Oh, and by the way, the kit also makes a great gift in itself.


Is there someone in your life who's been thinking about learning more about herbs?

Where to get decorative jars...

You can use any old jar for your salts. You'd be surprised how many nice jars there are that your food comes in. I like recycling. However, if you would like to get fancy, check out thejarstore.com or ebottles.com



Make your own herbal remedies in minutes.
Free home study course with kit.


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Where do I buy all the supplies for my bath salts?

We make it super easy for you.

You can buy Epsom salts and oats (optional) at any supermarket of course.

For every other supply needed, simply visit

www.LearningHerbs.com/supplies. (Click on this link to go RIGHT to this page.)

Enjoy your bath salts! Keep reading to find out more about the Herbal Medicine Making Kit...

“Wouldn't it be great if you could make your own herbal medicine?”



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Herbal Medicine Making Kit

Dear friend,

Thank you for reading our special report on making your own bath salts.

Fifteen years ago I REALLY wanted to learn more about herbs and how to make remedies from plants. It was such an overwhelming subject that it took me years to get started. I found a great teacher, learned all I could, and in time I found myself teaching others.

I never forgot how hard it is for an aspiring herbalist to get started. That's why I created the *Herbal Medicine Making Kit*. It contains everything you need to make your own Echinacea tincture and herbal healing salve.

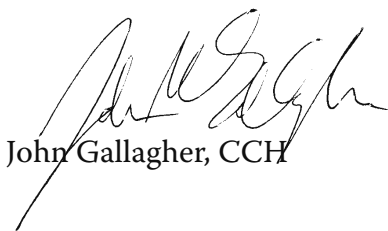
It is a comprehensive herbal learning system for the aspiring herbalist and home medicine maker.

What makes it comprehensive is that I include an **herbal home study course** on a cd-rom...for **FREE**. I even include a bonus pack of infusion herbs to get you started in the course.

You make over \$100 worth of medicine and get a course valued at \$79 for only **\$49.99!** This is a special offer you get by either mailing in the form on the back or going to www.LearningHerbs.com.

Start creating your OWN herbal pharmacy...safely and SIMPLY with confidence. This is a high quality, hands-on learning experience. Making your own herbal remedies is incredibly simple and rewarding. Take your everyday healthcare into your own hands. Thanks again for your interest.

In health,



John Gallagher, CCH

• Everything you need to make your own healing salve and herbal tincture.



• Gain the skills & confidence to use herbs simply and safely.

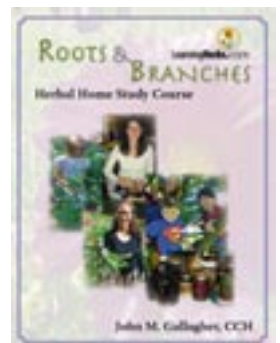
• Includes instruction on how to use your remedies as part of a **TRAVEL FIRST AID KIT**.



• Clear and easy instructions walk you through medicine making step by step.

• Includes a pack of nettles to make an herbal infusion!

• **Free** *Roots & Branches* herbal home study course sets the foundation for herbal learning.



• **Free** on-going herbal lessons via email.

• **Course covers** herbal nourishment, ethical wildcrafting, wild foods, herbal vinegar making, how to learn about the plants of your area, make a first aid kit... and much MORE!

• Uses 2 great herb books as required text.



(Kit can be done without doing this course)

“This kit and course are a great first entry into the world of medicinal herbs. It gets you immediately engaged with the hands-on work so important to developing the first-hand experience that true medical herbalism is always based on.”

–Paul Bergner, Director,
North American Institute of Medical Herbalism

“What a blast! This is just the nudge I needed to get out there and start harvesting and utilizing native plants. Life will never be the same. Thanks John!”

–Robert Saxton, Bemidji, MN

“The kit was excellent. The experience of actually making the medicines made the whole subject of herbal medicine more intelligible in a way that just reading a book cannot match. And the stuff really works! When I made the salve my toe had been infected for more than a month and I just couldn’t shake the infection. The salve cleared it up in two days. It was amazing.”

–Mark Smythe, Esq., Tacoma, WA

“John makes the first steps of herbal medicine making simple and fun. Practical wisdom made accessible. Inspiring!”

–Sally King, Director, RavenCroft Garden

“I highly recommend the Roots and Branches course. It is inspirational and full of solid information. The novice can grasp the essences of herbalism. The skills taught in this course will serve you for years to come.”

–Kat Koch, Columbus, Ohio

A REALLY cool part of this course is that you make your own travel first aid kit! You use the remedies you make in the *Herbal Medicine Making Kit* and



add them to a first aid kit you assemble. This kit includes arnica homeopathic, Rescue Remedy, tea tree oil, and bandages. If you want, you can simply order this **Travel First Aid Kit** from us. We’ll even include a red nylon travel case for **FREE!**

Send me:

- The Herbal Medicine Making Kit (\$49.99, reg. \$54.99)
- The Herbal Medicine Making Kit with the Roots & Branches Book Pack (*Healing Wise* by Susun Weed & *From Earth to Herbalist* by Gregory Tilford) (\$81.99)
- Herbal Medicine Making Kit with the Travel First Aid Kit (\$81.99)
- Herbal Medicine Making Kit with the Book Pack AND The Travel First Aid Kit (\$113.98)

ADD 8.4% sales tax for WA residents. (Multiply subtotal by 1.084)
ADD \$9 flat shipping for your order. We ship Priority Mail (PO Boxes ok)
TOTAL \$ _____

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Address with zip

City State Zip

Daytime Phone (very important)

Email



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Herbal medicine made simple.

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Visit us on the web for lots of free information including our popular Herb Walk, Supermarket Herbalism, a free eCourse, and our remedies section featuring the “Eight Simple Secrets to Treating a Cold Naturally”



We are the Gallagher family: John, Kimberly, Rowan and Hailey. We live in the foothills of the Cascade Mountains in the Pacific Northwest.



John, Kimberly, Hailey, and Rowan Gallagher

Much of what we recommend on our web site are remedies and recipes we use ourselves. We believe it is so important in this day and age for families to be in control of their day-to-day healthcare. We want to spread knowledge that will help people stay healthy and empower them with skills to treat common illnesses naturally.

John Gallagher, CCH is a Community Centered Herbalist, trained at RavenCroft Garden in Monroe, WA. For 13 years he has worked at Wilderness

Awareness School, where he teaches herbal medicine with the Wilderness Awareness Residential Program and teaches about wild plants in the Puget Sound region. He helped create the Kamana Naturalist Training Program, a home study program that has reached thousands worldwide. He continues to direct and instruct for the Kamana program. John is also intern at a five-element acupuncture school in Seattle.

In early 2004, John combined his knowledge of how to learn herbal medicine along with his expertise in distance learning to create *The Herbal Medicine Making Kit and the Roots and Branches Herbal Home Study Course*. While designing these programs, he realized there was a need for a web site with free and simple home remedies that anyone could do.

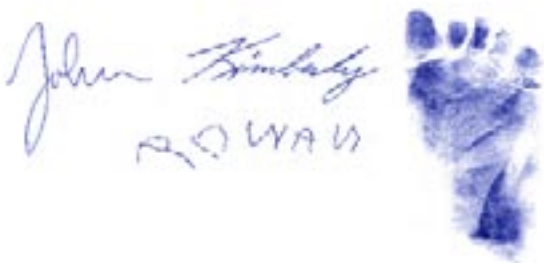


Kimberly Gallagher, M.Ed., has also been using herbal remedies for years. She is currently an apprentice at RavenCroft Garden and brings herbal nourishment daily to our family's diet.

Kimberly is also a certified teacher and has extensive training in non-violent communication and conflict resolution. She homeschools Rowan and Hailey.

LearningHerbs.com is a family run, handcrafted business. We all take part in the fun, even baby Hailey. She cheers us on while we put together the herbal kits.

Thank you so much for visiting and supporting LearningHerbs.com!



Also visit our main herbal remedies site...



FamilyHerbalRemedies.com