



# Relaxation BATH MELTS

Plant Therapy®  
ESSENTIAL OILS

## **WHAT YOU'LL NEED:**

2 oz Shea Butter  
1 tsp Sunflower Oil  
30 drops Relax

## **WHAT YOU'LL DO:**

Measure out two ounces of Shea, Cocoa, or Mango Butter. Melt over a double boiler. Once melted, remove from heat and add the carrier oil and essential oils. Mix well and pour into silicone molds. Place in your freezer until solid. Add a bath melt to your bath to soothe your senses and moisturize your skin.