

# chamomile oatmeal soak tub tea

**Makes 1 pint**

RECIPE FROM: [Numi](#)

PREP TIME: 5 minutes

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1 glass pint jar with tightly-fitted lid

$\frac{3}{4}$  cup Epsom salt

4 heaping tablespoons loose chamomile lemon tea (or contents of 6 chamomile lemon tea bags)

$\frac{3}{4}$  cup dry oatmeal, ground to a course powder

Small [muslin or cotton bag](#)

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## VARIATIONS

- White Rose Milk Bath:  $\frac{3}{4}$  cup Epsom salt, contents of 6 white rose tea bags,  $\frac{3}{4}$  cup powdered milk
- Green Tea Detox:  $\frac{3}{4}$  cup Epsom salt, contents of 6 jasmine green tea bags,  $\frac{3}{4}$  cup bentonite clay,

GRIND oatmeal to a course powder using a food processor or blender.

LAYER ingredients into pint jar.

PLACE muslin or cotton bag in the top of the jar.

SEAL lid tightly.

DOWNLOAD and [print these labels](#). Attach the round label to the top or front of the jar and tie the card around the mouth of the jar. The label is 2 inches round and the card is standard business card size.

BEFORE using, shake or stir jar to combine ingredients.

FILL bag halfway with tea mixture and allow it to "steep" in hot bath water. *Do not add mixture directly to the bathtub as loose tea can be messy and wreak havoc on drains.*

EMPTY bag, wash and re-use.

