

# HERBAL BATH MIXTURE

DRIED CHAMOMILE & LAVENDER

In a bowl mix together 6 teaspoons each of dried chamomile and lavender. Next place this mixture in a tie top muslin bag or a square of muslin tied and secured with string around the mixture. This can be hung off the tap or thrown into the bath as it is being filled. Finally, soak your cares away in this soothing bath.



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