

## Oatmeal Milk Bath Recipe

1 cup whole fat dried milk

1/4 cup baking soda

1/2 cup oats

5-7 drops high quality essential oil(s) of your choice

\*add the oils to the mixture if you want an entire bottle to be the same. If you want to add different oils to your bath water depending on the type of bath you need (relaxing, soothing, invigorating...etc).

### Directions:

1. Take your oats and grind them into a fine powder in your food processor.
2. Stir the milk, baking soda and ground oats together.
3. Place the milk bath into a clean and well seal container.
4. To use, add about 1/8 cup of the oatmeal milk bath to warm water and stir to dissolve.
5. Add essential oils if you didn't mix them into the mixture.

Will keep for up to 3 months if kept air-tight and scoop with clean hands or scoop.