

Cabinet Creations

Nettle Mineral Bath Soak

• Muscle Tension • Calming • Mineral Soak

Prep:

- 5 minutes

Shelf life:

- 12 Months

Ingredients:

- 2 cups epsom salt
 - 1 cup sea salt
 - 1/4 cup baking soda
 - 2 tbsp nettle powder
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Method:

Combine all ingredients in a mixing bowl.

Stir until evenly blended.

Break up any clumps and transfer to airtight jar.

Use:

Add 1-2 cups to warm bath water.

Soak 15-20 minutes and allow minerals to absorb.

Use in evening or after physical strain.

Apothecary Notes:

- Epsom Salt - Provides magnesium to support muscle relaxation and nervous system calm. Commonly used for tension, soreness, and restlessness.
 - Mineral Salt - Adds trace minerals that support skin nourishment and gentle electrolyte replenishment. Helps create a more mineral-rich soak.
 - Baking Soda - Softens water and supports skin comfort. Traditionally used to ease irritation and promote relaxation.
 - Nettle Powder - Adds plant-based minerals and gentle skin nourishment. Supports soothing and restorative bath soaks.
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