

CLEOPATRA'S MILK BATH

Cleopatra has often been put forward as a symbol of great beauty. Many claim that she used minerals from the Dead Sea and milk baths as part of her beauty regimen. The milk bath recipe below is inspired by the beautiful Egyptian princess.

4 cups Powdered Milk
2 cups Sea Salt
1 cups Baking Soda
1 cup Epsom Salt
1/2 cup Citric Acid
2 teaspoons Vanilla Extract
1 teaspoon Tangerine or Sweet Orange Essential Oil

TO MAKE: Mix all the dry ingredients in a large, non-porous bowl and work out any clumps. Separate 1-2 cups of the dry mixture into a smaller glass measuring cup or bowl. Add the wet ingredients and mix well. Combine the wet mixture back into the dry mix and blend together until evenly dispersed. Package as desired.

TO USE: Add a few tablespoons to warm bath water and enjoy.

Recipe Courtesy of Bettijo B. Hirschi founder of the Bath By Bettijo line of organic spa and bath products. www.bathbybettijo.com

