

# LAVENDER BATH SALTS AND GIFT TIES

With YaoYao and Ami Schakel from Do It Green! Minnesota



## SUPPLIES NEEDED:

- fresh or dried lavender
- scissors
- small glass jars or pouches
- twine
- plain bath epsom salts
- measuring cup for scooping

## INSTRUCTIONS:

1. Watch [Harvesting with Permission Video](#) or download the PDF if harvesting lavender
2. Dry harvested lavender on cookie trays in a dry, cool place
3. For lavender ties as gifts or to put on gift packages as decoration. take 3-5 lavender stalks with stems on and tie in a bundle with small piece of twine
3. For lavender bath salts. pull off and break up lavender pieces into a baggie
4. Mix in large bowl or bag 90% bath salts, 10% lavender pieces
5. Scoop into small mason jars or pouches
6. Give them as holiday or gifts for special occasions!

