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Calming Valerian Bath Soak



INGREDIENTS:

- 1 cup Epsom salt
- 2 tablespoons dried valerian root
- 2 tablespoons lavender
- 1 tablespoon chamomile

INSTRUCTIONS:



Mix all ingredients thoroughly. Store in an airtight container.



Add 1/2 cup to warm bath water. Soak for 20 minutes.



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