

Archangel Michael Stress Relieving Bath Salt Recipe



Ingredients

- 1/3 Cup Himalayan Pink Salt
- 1/3 Cup Epsom Salts
- 1/4 Cup Baking Soda
- 10 drops Chamomile Essential Oil
- 8 drops Sweet Orange Essential Oil
- 6 drops Sandalwood Essential Oil

Directions

Place all ingredient in a bowl and mix well.
Sprinkle 1/4 cup to 1/2 cups into your warm bath water.
Store excess salts in an air tight container or jar.
Use to soak away mental and emotional stress or strain.

Invocation to Archangel Michael

Archangel Michael, I set the intention that you are here and with me now. Thank you Archangel Michael for releasing from my mind any and all emotions that are weighing me down; such as stress, fear and worry. Thank you for replacing these thoughts with confidence, joy, and hope. I willing let go of any thoughts and emotions that no longer serve me, and I instead choose loving and empowering thoughts.

Thank you! And so it is!!

(You can use these words or change them to your own)

