



## How to make herbal bath bags

Relax and enjoy making these simple, fragrant bath bags. This activity is lovely as an indoor winter or rainy day session and is very sensory experience touching and smelling the variety of ingredients. You can make use of any herbs or flower petals that you like the smell of, lavender works well due to it's relaxing properties. Collecting dried lavender (or other herbs or flower petals), and drying them provides an add-on to this activity.

### What you will need:

- Fabric such as cheese cloth or cotton, something soft that you can easily pull together to be tied.
- Scissors
- Teaspoon
- Twine
- Lavender or other herbs/flower petals
- Epsom salts
- Optional: oats (soothing for the skin so make a nice addition).



The finished bath tea bag



Step 1

**Step 1** Gather the materials and lay them out on a clean dry table.

**Step 2** Cut the fabric into squares of approximately 10 x 10 cm using fabric scissors. Rough measurements are fine. Care should be taken when using sharp scissors and the fabric could be pre-cut if this was more appropriate. Also cut the twine into lengths of approximately 15 cm.



Step 3

**Step 3** Take a spoonful of each ingredient and add to the centre of the fabric square, make sure enough fabric surrounds the materials so you are able to pull together to tie.

**Step 4** Pull the fabric together and tie. This can be easier if done in pairs: one person can pull the fabric together and hold, while the other ties in a knot or bow with the twine.



Step 4

**Step 5** Enjoy a sensory herbal bath.

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