

Essentials
VIDEO SERIES

BALM MINT BUSH NO SEW SACHET

What you'll need:

6 x 12 in. piece of fabric

Hem tape

Ruler

$\frac{1}{4}$ cup Epsom salt

$\frac{1}{2}$ cup white rice

18-20 drops of Balm Mint Bush

What you'll do:

1. Fold your fabric to make a 6x6 in. square.
2. Cut hem tape for two sides.
3. Lay hem tape on the edges of the patterned side of the fabric.
4. Iron each side with tape for about 30 seconds.
5. Allow drying for about 30 seconds.
6. Turn the fabric out so the patterned side is facing outward.
7. In a bowl, mix Epsom salt, rice, and essential oil.
8. Fill sachet with the desired amount of mixture.
9. Close final sachet edge with hem tape and iron for 30 seconds to seal.
10. Place in a dresser drawer for a refreshing, crisp minty aroma.



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100% PURE ESSENTIAL OILS