

Lavender or Rose petal bath bag

5+ years

Instructions

- 1 Cut out a square of muslin, at least 30cm square. Alternatively, you could buy a ready made muslin bag from your local hardware or kitchen supplies shop.
- 2 Place the muslin on some paper so that the pen doesn't mark your table! Decorate the muslin using the fabric pens with flowers, hearts, words or anything you think your mum would like. Get an adult to iron and seal the pen onto the muslin.
- 3 Place approximately 2 tablespoons of dried lavender into the centre of the muslin plus 1 tablespoon of rose petals. You could use other dried herbs such as chamomile, thyme, rosemary, sweet marjoram. If you want to add oatmeal (this softens the water and soothes the skin), add one to two tablespoons.
- 4 Gather the four corners of the muslin and tie the neck as close to the mixture as possible with a double knot using cotton thread to secure it. Use scissors or pinking shears to cut and level the top part of the muslin.
- 5 Tie a ribbon or string on top of the neck of the bag. Tie a knot at the top of the ribbon/string as well so that it can be hung over the bath taps as the water runs. Alternatively, it can be just added as it is into the bath water. It can also be used to gently scrub the skin whilst in the bath. They can be refilled to use again.
- 6 You could make a small card or attach a gift tag explaining how to use it if you wish.



You'll need

Muslin, fabric pens, dried lavender and/or rose petals, oatmeal (optional) ribbon or string and cotton thread.



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