

# Coconut Milk Bath



One of the things wizards have tried to do through potions is achieve immortality- or at the very least, change your appearance so you look younger or more beautiful! Taking a bath in coconut milk helps relax you, and we know that reducing stress can increase your lifespan. It will also help your skin look softer and smoother!

- Step 1: Gather the following items from your kit the gallon bag containing:
  - Bag containing powdered coconut milk and baking soda
  - Bag of dried rose petals
  - Bag of dried lavender
  - Bag of dried peppermint
  - Spoon
  - Tablecovering
- Step 2: Lay down the tablecloth in your kit over the surface where you will be working in case you spill anything.
- Step 3: Add all the dried flowers to the gallon sized bag. Seal it.
- Step 4: Using your hand, gently knead the flowers in the bag several times until the flowers are crushed.
- Step 5: Add your powdered mixture to the dried flowers. Seal the bag and shake them together.
- Step 6: Next time you take a bath, add some of the mixture to the warm water and soak.

**Note: If you'd like to make this again, the measurements are as follows - ½ c coconut milk powder, 2 Tbsp and 2 tsp of baking soda and 2 Tbsp and 2 tsp of each herb.**