In a bowl combine Epsom salt and baking soda.

Add in half of the essential oil drops, mix, then add in the remaining drops.
3 Mix in the chopped rosemary and lemon zest (if you decide to use it) until fully combined.

4 Store in an airtight container.

Benefits of Lemon Essential Oil

Lemon oil has antibacterial and antifungal properties making lemon a good cleaner. It is used for cleansing the body, metal surfaces, dishes and clothes. Some say it could improve your mood and concentration as well as help with fever, infection, skin disorders and stomach conditions.