



Elevation Shower Melts

- 1/2 cup Baking soda
- 10 drops Elevation oil
- 2 tbsp water

1. Combine baking soda & water in a small bowl. Mix well.
2. Add 10 drops of Elevation oil to the mixture. Stir until well combined.
3. Pack mixture into small silicone moulds and allow to set overnight (I have used ice cube trays before).
4. To use, place a melt into the base of your shower away from the direct flow of water and enjoy the invigorating and euphoric scent.
5. Store in an airtight container. This will help prevent the volatile compounds of the oil from evaporating into the air. Use within one week.

Shower melts are a great alternative to bath bombs if you are in a hurry or prefer showers. This DIY includes doTERRA Vetiver Essential Oil, to help give feelings of energizing, invigorating & uplifting. You can use different oils for different effects, but this one is especially helpful when experiencing shifts in your mood, energy or need a pick-me-up.