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1. Empty pouch into  
 partially filled bathtub  
 2. Continue filling tub  
 3. Stir until dissolved  
 4. Relax and Enjoy!

**Directions:**

**Oatmeal and Milk  
Bath Sachet**

**Recipe:** Put 1/2 cup oatmeal in a blender and mix until finely ground. Add 2 cups powdered milk and blend until the consistency is a fine powder. Add 1 cup cornstarch and 1/2 cup baking soda, mix (don't use blender!) well. Place 3 tablespoons in each sachet. Makes approximately 12 sachets.

**Directions:** Cut out sachets, don't cut off the bottom flap! #1 Fold the two side flaps and the bottom flap to create the back of the sachet. Add a light layer of glue to the side flaps and press to back flap, creating the sachet. **WAIT** until the glue is **DRY** before filling. #2 When filled fold top flap and add a light layer of glue to close sachet.

