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**You will need:** 1 cup of unflavoured porridge oats  
Warm water  
A bath or basin

*Optional: You could add some food colouring to make it look like a river.*

### **What you do:**

*Using a food mixer (if you have a coffee grinder this works too), chop up the oats until you have a fine powder. If your oats are not a fine power, put them into an old pair of tights or an old sock and tie a knot in it as this will stop the oats clogging up your drain.*

*You can add some powdered food colouring into the oaty powder if you choose or put some colouring in the water. Start running a bath or basin of warm water and add the finely ground oats.*

*Let it steep for a moment.*

*Sit in the bath and relax for about 15 minutes, ,,,,,,,y((m)β-5(m)2a)-(00 in 57s0gn)-βt)-(h)6)-βb)(a)-*







