



BATH RECIPES
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SLEEPY TIME HERBAL BATH

- 4 tbsp dried chamomile
- 3 tbsp dried lemon balm
- 2 tbsp dried passionflower
- 1 tbsp dried valerian

If you're wound up at night and want to relax and calm down before bed, throw together an herbal mixture like the one above. You can mix it up ahead and then toss a few tablespoons in a hot bath. Any of the following herbs can be used alone or in conjunction with others, they include: chamomile, lavender, lemon balm, hops, marjoram, sandalwood, passionflower and valerian - as they all promote relaxation.

HERBAL SCENTED BATH BOMBS

- 1/2 cup baking soda
- 1/2 cup lemon juice
- 8 drops an essential oil of your choice*
- 1/2 tsp sweet almond oil
- 2 drops food coloring (optional)

Mix these ingredients into a doughish consistency and shape into small balls or use a cute shaped muffin tin. The baking soda in these bombs make them fizz when they are dropped in the water. Make sure that the essential oil you choose is safe for direct skin contact.

GOLDEN MILK BATH

- 4 cups powdered milk
- 1 cup boiled water
- 1/2 cup dried chamomile or 5 chamomile tea bags

Boil the water and steep the chamomile in it for half an hour. Strain the liquid, add the powdered milk, stir and add to your warm bath. Very relaxing and good for your skin.

AFTER BATH MOISTURIZING BODY MIST

- 1 tablespoon of grape seed oil
- Distilled water
- 1/4 cup of witch hazel
- 1 tbsp. of your favorite scented oil

So easy, all you have to do is pour all the contents into a spray bottle and shake well. Spray yourself all over after you step out of your bath and gently rub it into your skin. A great, natural way to add moisture to your skin.

IN A HURRY WAKE-UP BATH

- 5 drops rosemary essential oil
- 3 drops peppermint essential oil
- 2 drops spruce essential oil
- 1 tbsp. vinegar

If you're feeling a bit sluggish just put these essential oils and vinegar into your warm bath and you'll be amazed at how much more invigorated you'll feel afterwards.

THE BATH OF MILK AND HONEY

4 tbsp. honey;
1 quart boiling water;
6 tablespoons dried milk powder

Mix the honey and boiling water together until the honey dissolves, then let it sit and cool. After the honey water has cooled add the milk powder and mix together. Add the mixture to the bath and stir until everything has dissolved and slide on in. Your skin will feel so soft and smooth when you're done and it's a great way to combat the dry winter months.

Cleopatra's Milk Bath RECIPE

Ingredients:

2 cup Powdered Milk
½ cup Bi-carb soda
½ cup Epsom salts
½ cup Honey
handful of Rose Petals(optional)
1 ml (20 drops) Geranium essential oil
.5 ml (10 drops) Mandarin essential oil
.5 ml (10 drops) Ylang Ylang essential oil

TO MAKE:

1. Mix together powdered milk, bi-carb soda, epsom salts.
2. Put essential oils in a bottle and shake to blend.
3. Heat honey just a little bit (you do not want this very hot, otherwise it will damage the pure essential oils) and add essential oils and mix thoroughly.
4. Then combine dry ingredients with honey mixture.
5. Once the mixture is well combined, then add a handful of Rose Petals (optional).

Easy additions to the any bath that you take:

- a. 1 cup of vinegar: Soften water / soothe dry and itching skin
- b. 1 tablespoon of ground oatmeal: Soothe / soften skin
- c. 1 cup of powdered milk: Nourish skin / combat dryness
- d. 1 large spoon of honey: Relieve tiredness / sleeplessness
- e. Orange or Lemon peel: For a pleasant odour
- f. 2 tablespoons of laundry starch: Tighten / smooth skin
- g. 2 handfuls of Epsom salts: Combat tiredness

Herbal Bath Treatments

Herbal baths have traditionally been incorporated into a beauty treatment regime. The more popular herbs for the bath include the following:

- * Chamomile flowers, Elder flowers, Thyme: Softening / soothing skin
- * Mint, Rosemary: Stimulating circulation
- * Blackberry leaves: Clearing the skin
- * Comfrey: Chapped, sore, spotty skin
- * Lavender: For the pleasant odor and very relaxing to the mind and emotions

Autumn Body Polish

Ingredients

- 1/8 cup finely ground Sunflower seed meal (try using a coffee grinder)
- 1/8 cup applesauce
- Mix ingredients into a paste, then apply with gentle circular motions into your face, throat, chest, arms, and legs.
- Allow formula to remain on skin for 10 minutes so the Sunflower oils can be released and your thirsty skin can absorb them.
- Rinse with warm water and gently pat dry.

Makes enough for one application.

Buttermilk Bath Salts

Here is another variation on bath salts.

- 1 cup Buttermilk Powder
- 1 cup Sea Salt
- Add up to 24 drops of Essential Oils.

Blend well, keep in a sealed jar. Use 1/2 cup per bath. This makes enough for 4 baths.

Almond Bath Bomb

- 1/4 cup baking soda
- 2 tablespoons citric acid or Ascorbic Acid (Vitamin C Powder)
- 2 tablespoons confectioners' sugar
- 2 tablespoons sweet Almond oil
- 1 teaspoon Vitamin E Oil
- 1/4 teaspoon Essential Oil of choice

Combine dry ingredients in bowl and stir until well blended. Drizzle in Almond oil and stir until mixture is moistened. Add Vitamin E and Essential Oil. Stir until well mixed. Take teaspoon size globs of mixture and form balls. If mixture is crumbly, add more Vitamin E Oil. If too wet, add more baking soda. Put balls on Sheet of wax paper and leave for 2 or 3 hours. Reshape balls, then let air dry and harden for 10 days. Store in a closed container. To use, add one or two balls to hot bath and enjoy.

Oatmeal Milk Bath

1 cup cornstarch
2 cups powdered milk
1/2 cup oatmeal

In a blender container, finely grind up the oatmeal. Add in the dry milk powder and cornstarch. Mix in blender until a fine powder forms. Pour contents into an airtight container. You can use 1/2 to 3/4 of a cup in your bath water.

Tip: This soak is soothing to dry itchy skin.

Lavender Milk Bath

1 cup cornstarch
2 cups powdered milk
3 teaspoons dried lavender

Combine cornstarch and powdered milk in a blender container. Blend until a fine powder forms. Add in the dried lavender and stir. Pour contents into an airtight container. Add 1/2 cup of mixture to your warm bath water.

Tip: This soak is great for dry skin. Will also help to you relax after a stressful day.

Honey Milk Bath

- 1 cup powdered milk
- 1 cup baking soda
- 2 teaspoons cornstarch
- 1 teaspoon cream of tartar
- 1 teaspoon honey

Place first 4 ingredients into a blender and blend. Add in 1 teaspoon of honey, stir until combined. Store contents in an airtight container. Refrigerate until ready to use. Add 1/2 cup of mixture to your warm bath water.

Tip: This soak is soothing to dry itchy skin.

Pumpkin Oatmeal Milk Bath

- 1 cup powdered milk
 - 1/2 cup baking soda
 - 1/2 cup oatmeal
 - 2 teaspoons cornstarch
 - 1 teaspoon cream of tartar
 - 1 teaspoon pumpkin pie spice
- Blend all ingredients in a blender container until it is of fine powder consistency. Pour contents into an airtight container. Add 1/2 cup of mixture to your warm bath water. Tip: This is a really nice soak that you can enjoy during the fall and winter months.

Coffee and Shea Butter Scrub

INGREDIENTS:

- 1 cup Shea Butter
- 1/2 tsp. Vitamin E oil
- 2/3 cup Olive oil
- 1 cup coffee grounds

INSTRUCTIONS:

1. Prepare two wide-mouthed glass jars, making sure they are clean.
2. Warm the Shea butter in a microwave, just enough so it is soft.
3. Put the Shea butter in an electric mixing bowl, and using the electric mixer, beat the butter till it is creamy. This can take a few minutes.
4. Add the Olive oil a little at a time, letting the mixer mix it into the butter. You cannot add too much at once or the butter will begin to split apart. You need to keep your creamy consistency. Some like adding the oil through a slow trickle.
5. Once all the Olive oil has been added, add the Vitamin E oil. Again, allow the mixer to blend these oils in thoroughly.
6. Add the coffee grounds, again a little at a time. The final consistency is up to you, but you don't want to add too many coffee grounds because it might make the bathing experience less than pleasant.
7. Once the desired amount of grounds has been incorporated, stop mixing and scoop the butter into the prepared glass jars. Seal the jar that is not to be used right away well. Store in the refrigerator if the butter looks like it will melt.

To use this bath and body soap mixture, rub it gently into the skin while in the bath. Be sure to give an equal amount of attention to each part of the skin. Once finished, wash it off with some warm water, just enough to get the most of the coffee grounds off of you. Pat yourself dry with a towel, leaving the rest of the shea butter and oils on your skin as your moisturizer.

MAGICAL BATHS

Beauty Bath: An equal mixture of lavender, rosemary, spearmint, comfrey and thyme. Whether you make your own little 'magic bags' or store in an airtight container all it takes in either one little bag or a small handful thrown into your bath. Once in your bath, lie back and let yourself relax completely.

Aphrodisiac Bath: An equal mixture of rose petals, rosemary, thyme, myrtle and jasmine. Just before you enter your bath add about 6 drops of musk oil and either bathe before meeting that special someone or ask your lover to join you!

Vitality Bath: Whenever feeling tired, listless, or plain 'fed-up' why not try the following an equal mixture of carnation petals, lavender, rosemary and basil, plus three teaspoons of Epsom salts or bicarbonate of soda.

Healing Bath: To be used of course, in conjunction with conventional medical attention, however the healing process is 'stimulated.' An equal mixture of rosemary, lavender, rose; peppermint and cinnamon. You can also add a few drops of eucalyptus oil just before bathing.

Self-esteem Bath: Grate the peel of a fresh orange (or two). Add equal parts Lavender, gardenia petals and rose petals. Grate a ginger - root (about the size of your thumb) and then add an equal amount of Dill plus a pinch of Cardamom. When bathing, visualize yourself become stronger in mind and spirit. You should also gently massage as much of your body as you can.

Money Bath: This'll come in handy when the bills come in -an equal mixture of cloves, cinnamon and basil. Add a few drops (5) of Patchouli oil. When bathing it is a good idea to do so in subdued lighting (using candles).

Cleansing Bath: Whenever the weather is getting you down or the pressures of work are becoming too much for you; try this recipe -an equal mixture of marjoram, thyme, pine needles, rosemary and bay leaves. It would be a good idea to make a 'magic bag' out of cheesecloth letting it soak in the warm water for a few minutes before getting into the bath so that you don't prick yourself with the pine needles!

Spiritual Bath: If you are desirous of increasing your psychic potential or, just wanting to get in touch with your Inner Self this recipe is for you. An equal mixture of lemongrass, thyme, orange peel with a touch of cinnamon and a dash of cloves. Don't be surprised if, after soaking in this mixture for a few minutes you will want to jump out of the bath shouting: "Eureka" for this recipe will fill your mind with ideas. Just relax and enjoy the thoughts flooding your mind and as soon as possible put your ideas into practice.

Friendship Bath: If lacking friendships or, if friends are 'thin on the ground' this recipe will help sort out your likes and dislikes and will bring people into your life who are on the same 'wavelength' as yourself. An equal mixture of lavender rose petals, jasmine petals, and carnation petals. Add a dash of lemongrass with a pinch of salt. A drop or two of Patchouli oil and you'll soon be on your way to meeting the right people and mixing in the right company, making friendships you never thought possible.

Basic Bath Salt: This is the simplest way of making a bath salt. In this recipe, instead of a cup of fine good pool rock salt, you can put a cup Epsom salt. Additionally, you can put some scents to your liking such as lime, apple, coconut, Ylang Ylang oil. The alternative is countless.

- Ingredients:

1 cup sea salt

1 cup pool rock salt

2 cup baking Soda

Relaxing Bath Salt: After a stressful day, it is the right time to relax and chill out. Lavender and sage will ease out all your worry and tenseness!

- Ingredients:

1 cup Epsom salt

1 cup Dead Sea salt

2 cup baking Soda

10 drops Lavender oil

5 drops Coconut oil

10 drops Clary sage oil

Romantic Bath Salt: Here comes the great idea for a sweet Valentine!

- Ingredients:

1 cup Epsom salt

1 cup Dead Sea salt

2 cups baking soda

20 drops rose essential oil

10 drops Lavender essential oil

Pain Relieving Bath Salt: When you have aches or pain somewhere on your body, just take a bath as followed, peppermint, eucalyptus will ease your pain and raise your spirit.

- Ingredients:

1 cup Epsom salt

1 cup Dead salt

20 drops Peppermint essential oil

10 drops Eucalyptus essential oil

10 drops Lavender oil

Here's how to make the baths:

In a small bowl, place all the salts together, add the soda and drop the oils. Keep mixing till all the ingredients evenly distribute. Store in a well-sealed container to keep out moisture.

DETOX BATH RECIPES

These baths help you sweat the toxins out of your body. We all know by now that sweating is one of the most potent ways to get rid of toxins.

Basic detox recipe:

1 cup of Epsom salt
Soak for up to 30 minutes

Apple Cider Vinegar detox recipe:

1-2 cups Apple Cider Vinegar
Soak for up to 30 minutes

Epsom salt/Baking soda detox recipe:

1-2 cups Epsom salt
1-2 cups Baking soda Soak for up to 30 minutes

Dead Sea detox recipe:

1/2 cup Epsom salt
1/2 cup Dead Sea salt
may add essential oil of your choice
Soak for up to 30 minutes

My favorite detox recipe:

1/2 cup Epsom salt
1/2 cup Dead Sea salt
1 cup Apple Cider vinegar
Soak for up to 30 minutes

If you lack the time or don't want a full body detox bath, try a detox foot bath. Fill a basin with comfortably hot water, enough water to cover your feet. Add salts and herbs of your choice. Soak until the water cools. Towel dry the feet, do not place any lotions for at least 24 hours. For a complete detox effect, detox feet every day for 14-30 days, then weekly for 4 weeks, then monthly for maintenance. Enjoy the effects of a simple detox foot bath.

Epsom salt/Baking soda:

1 tablespoon Epsom salt
1 tablespoon Dead Sea salt
2 tablespoons Baking soda

Epsom salt/Apple Cider Vinegar:

2 tablespoons Epsom salt
1/2 cup Apple Cider Vinegar

Be sure to drink plenty of water before during and after any detox effort to help your body excrete the toxins. Relax the rest of the day after you detox. And finally, enjoy the refreshing feeling after you cleanse/detoxify your body.

Epsom Salts and Baking Soda Bath

Adding minerals and salts to your bath makes the water soft and silky and this is a great way to soften and cleanse your skin. Whilst the bath is running, add two cups of baking soda, one cup of epsom salts and try adding a few drops of essential oils as well. A good soak for about 30 minutes will ensure that toxins will be drawn out from your body and that all your muscles will feel completely relaxed.

Vinegar Bath

A vinegar detox bath is ideal when the acid levels in your body are too high because it helps to restore the acid-alkaline balance. Add a cup or two of pure apple cider vinegar to your bath and soak for around 30 minutes. This is also great for relieving the symptoms of arthritis, gout, bursitis and other inflammatory ailments.

Ginger Bath

Mix two tablespoons of powdered ginger in warm water first, then add it to a tub of hot water. Once again, soak for no longer than 30 minutes. If you prefer to use fresh ginger, then just grate up about 1/4 cup worth, wrap it in a cheese cloth and add it to your bath. The ginger will open up your pores and help you to sweat the toxins out of your body.

Milk Bath

Mix together two cups of dry milk powder, one cup of cornstarch and a few of drops of an essential oil of your choice. Take 1/2 cup of this mixture and add it to your bath while it is filling.

Ginger Bath: You can use either fresh grated ginger or ginger powder. Add 1/2 a cup of freshly grated ginger or a rounded teaspoon of ginger powder in hot or warm water and soak for 15-20 minutes. Please remember that the ginger bath will make you sweat profusely for at least an hour afterwards, so wear a bathrobe or sweat clothes.

Make sure you drink plenty of water after the bath. If you have sensitive skin or are allergy-prone, test ginger on your skin for irritation before the bath.

Ginger Infusion Recipe: The ginger infusion works wonderfully in treating common cold and flu symptoms. Its effective anti-mucus properties relieve chest and nasal congestion, as well as inflammations. Finely chop a good piece of ginger (slightly smaller than your palm). This infusion will keep for up to 48 hours. Place in 1 litre of water and bring to the boil. Once boiling, reduce the heat and leave to simmer for 10 to 15 minutes, then let it steep for 10 minutes. Serve a 3/4 mug of ginger and add 1/2 a squeezed lemon and 1 teaspoonful of honey, or to taste. Drink throughout the day as soon as you have cold or flu symptoms. This infusion will get rid of them in 48 hours!

Note: The longer the ginger soaks in the water, the sharper the taste becomes.

Ginger and Garlic Paste Recipe: Peel and chop 4 ounces of garlic and 4 ounces of fresh ginger root; mix ingredients in a blender; transfer to a jar and add one teaspoon of olive oil; refrigerate. Use a spoonful of this delicious blend as a base for flavoring your recipes.

