

Bath Salts

Rose Bath Salts Recipe

- 1/4 ounce dried rose petals mortar and pestle or electric coffee grinder
- 1 lb. coarse sea salts
- 10 drops rose or Geranium Oil
- 5 drops Lavender Oil
- 5 drops Bergamot Oil
- 1 lb. glass jar with close fitting lid

Grind all but a handful of rose petals.

Mix the petals into the salt and add all the essential oils, stirring thoroughly. Spoon into the decorative jar, adding a decorative layer of rose petals halfway up the jar.

Put the lid on firmly.

The above recipe is from: Bath and Body Book written by Stephanie Donaldson

Here's some blends for baths in Carl Robinson's book:

- Cleaning: 3 part Lemon, 1 part Geranium, 1 part Pine
- Cleansing: 1 part Pine, 1 part Lemon
- Cleansing: 1 part Geranium, 1 part Sandalwood
- Laid Back: 3 parts Lavender, 1 part Rose
- Refreshing: 2 parts Pine, 1 part Rosemary
- Stimulating: 2 parts Bergamot, 1 part Pine, 2 parts Rosemary
- Stimulating: 1 part Ylang Ylang, 2 parts Bergamot

Uplifting Bath:

(After a day in the sun and surf) 5 drops each of: Rose Bulgaria, Geranium & Bergamot. Fill tub with very warm, not hot water, then add essential oils. Disperse with hand immediately before getting into the tub to prevent the oils from puddling.

Bath Salts:

(For after a day of weeding!) 1/2 cup - 1 cup Epsom salt or Dead Sea salt and 5 drops of your favorite essential oil. Place salt into a sealable glass jar, add essential oils and stir. Close tightly and let sit for 2-3 days for salts to absorb oil. Add to 1/4 cup to each bathtub full of water. Salt is a wonderful healing medium. It promotes relaxation and is food for muscles and joints.

Sweat Bath's to help rid the body of toxins associated with the flu

Sit in a tub of water as hot as you can tolerate. Add a couple of tablespoons of ginger powder and mustard powder with a handful of rosemary or mint leaves, or other aromatic herbs. (It is best to put these herbs in a mesh bag to keep from having to clean out your tub after the bath.) An alternative is to add a quarter teaspoon of lavender oil, tea tree oil, or some other pure essential oil. Drink plenty of water or a fragrant herbal tea before sitting in the bath. Mint tea is especially good.

FOR BABIES: Since you do not want to put the baby in really hot water, use a warm bath and using a wash cloth gently wash his body down with some natural soap (like Dr. Bonner's Peppermint soap) to make certain the pores are open. You can add a small amount of lavender oil or tea tree oil to the bath to stimulate the circulation and draw the blood to the extremities.