

Bath Recipes

Written by Administrator

Sunday, 10 August 2008 23:16 - Last Updated Friday, 20 May 2011 05:59

Lavender & Honey Milk Bath

Ingredients:

- 10 drops Lavender Essential oil
- 1 1/2 cups whole milk
- 1/3 cup Honey

Instructions:

Mix together lavender oil, milk and honey in a bowl, then pour into a jar. Before each use, shake the jar and pour half of the mixture into the bath. Store covered in the refrigerator for up to 1 week. yields 2 baths.

Soothing, Skin-Softening Bath

Ingredients:

- 1 1/2 cups buttermilk
- 3 tablespoons Epsom salts
- 1 tablespoon olive oil
- 3 drops lavender essential oil

Instructions:

Combine ingredients and pour into the stream of warm water as your tub fills.

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Bath Bombs

Ingredients:

- 1/2 cup baking soda
- 1/4 cup citric acid
- 1/4 cup cornstarch
- 2 tablespoons sweet almond oil
- 1 teaspoon water
- 1 teaspoon fragrance oil or essential oil
- 1/8 teaspoon borax

Instructions:

Mix the first 3 ingredients in a mixing bowl. Combine oil, water, fragrance and borax in jar and coloring, if desired. Shake jar vigorously to mix. Add liquid to dry ingredients a bit at a time and quickly mix with a pastry blender. Press into molds or roll into balls and let sit overnight to dry, store in a glass jar.

Cold/Flu relief Bath Soak

Ingredients:

- 2 cups Epsom Salt
- 3 drops eucalyptus essential oil
- 3 drops rosemary essential oil

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Combine ingredients and pour into the stream of warm water as your tub fills. Epsom salt contains magnesium, which has been shown to: Ease stress, Lower blood pressure, Create a happy, relaxed feeling, Raise energy levels, Help prevent or ease migraine headaches, Reduce inflammation to relieve pain and muscle cramps and so many more health benefits.

Olive Oil Loofah Bar

Ingredients:

- 1 (4 ounce) bar castile soap
- 1/4 cup distilled water
- 1 tablespoon Olive oil
- 1 teaspoon powdered loofah
- 1 drop green food coloring {optional}

Instructions:

Shred the soap and set aside. Heat the water in a heavy saucepan over low heat. Stir in the shredded soap until it forms a sticky mass. Remove the pan from the heat and add the olive oil, loofah powder and food coloring. Stir until well blended. Spoon the soap into mold and set for 4 hours or until hardened.

Coconut Almond Soap

Ingredients:

- 1/3 cup whole almonds
- 1 (4 ounce) bar Castile soap
- 1/4 cup distilled water
- 1 tablespoon almond oil
- 1 tablespoon coconut oil
- 1/8 teaspoon coconut essential oil

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Instructions:

Grind the almonds to a fine powder in a food processor and set aside. Then Shred the soap and set aside. In a heavy saucepan bring the water to a boil, then reduce heat to a simmer. Remove the pan from the heat and add the almond powder, almond and coconut oil and fragrance oil, until well blended. Spoon the soap into a mold and let set for five hours or until hardened.

Epsom exfoliate

Ingredients:

- 2 cups of Epsom Salt
- 1/4 cup of unpetroleum jelly
- 3 drops of lavender essential oil.

Instructions:

Mix ingredients. Use the mixture to gently scrub away dry skin patches.

Avocado Body Scrub

Ingredients:

- 3 oz Avocado Oil
- 1/2 oz Aloe Vera Gel
- 1/2 oz Castile Soap
- 1/2 cup Dead Sea Salt

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- 10 drops Lime Essential Oil
- 10 drops Lemongrass Essential Oil

Instructions:

Mix all ingredients in a bowl. Transfer to large mouth jar.

Peppermint Lavender Body Scrub

Ingredients:

- 2 cup rolled oats
- 1 cup almonds
- 2 tsp dried lavender
- 2 tsp dried peppermint
- 2 cup white cosmetic clay

Instructions:

Melt ingredients together in a food processor. To use: mix 1 heaping tsp of mixture with water to make a paste. Massage into skin then rinse

Delightful Hemp Body Scrub

Ingredients:

- 2 cups Dead Sea salt (fine)
- 1/2 cup Hemp Seed Oil
- 4 tablespoons Avocado Oil

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- 1/2 cup liquid Castile soap or shower gel base
- 15 drops Lime Essential Oil

Instructions:

Mix all ingredients in a bowl. Transfer to large mouth jar. Dead Sea salt exfoliates and revitalizes the skin and helps draw out toxins. Hemp seed oil is a light, balancing and hydrating oil.

Coconut Island Sugar Body Scrub

Ingredients:

- Brown Sugar
- 3 oz Coconut Oil
- 15 drops Sweet Orange Essential Oil
- 1/2 teaspoon Vitamin E oil

Instructions:

Apply just enough oil to make a paste with brown sugar. Massage all over body. Rinse well. You can mix the oils ahead of time and store in a glass bottle. Coconut oil has a great shelf life. Coconut oil absorbs quickly and easily into your skin, leaving it moisturized and protected without feeling greasy.

Body Oil Recipe

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Ingredients:

- 2 tablespoons Apricot Kernel oil
- 1 tablespoon rose hip seed oil
- 18 drops of Chamomile Essential oil
- 12 drops of Ylang-Ylang Essential oil

Instructions:

Add the carriers oils to a dark, glass bottle. Then add the essential oils, shake well. Shake before each use. Shelf life: 4 months