

Title:

Bathing With Essential Oils From Herbs

Word Count:

441

Summary:

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Bath is calming way to relax in today's fast paced stressful life. It is a soothing way to sta

Set the stage fo...

Keywords:

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Article Body:

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Bath is calming way to relax in today's fast paced stressful life. It is a soothing way to sta

Set the stage for your bath with a clean fresh bathroom. Keep clean towels, bath gels, herbs,

While filling tub with warm water, create a bag of your favourite herbs to be used in bathing.

Not more than 5 drops of essential oils should be used in a bath. Dilute it with milk or carri

- Black Pepper ~ relief for aching muscles
- Clary Sage - as a perk me up and premenstrual tension
- Eucalyptus - for respiratory problems
- Geranium - for very dry or itchy skin, eczema and PMS
- Jasmine - when you wish to feel luxurious
- Lavender - dry skin, eczema, sprains, hot flashes, headaches, over work, insomnia
- Orange - to pep you up
- Rosemary - to get you going in the morning, a quick pick-me-up in the evening. Also good for
- Chamomile, Lavender or roses are good for dry, delicate or irritated skin.
- Rosemary, Calendula and Thyme for oily skin.
- Lemon Balm - good for hyperactive children
- Citrus & Lavender - soothing and therapeutic properties
- Ylang Ylang - exfoliates and moisturizes the skin
- Apricot and Amber - moisturises, restores softness and suppleness to skin.
- Chamomile - aids in relief of aching muscles and nervousness
- Eucalyptus - opens the pores and the vapours from the bath help to clear the breathing passa

Make sure that your bath time is a time of solitude. Just let yourself luxuriate in the watery

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