

Bath oil

Take 1 tbsp of almond oil and to it add a few drops of essential oil.
Pour this blend into your running bath water.

Uplifting bath oil

15ml almond oil
3 drops each of: Roman chamomile, peppermint, rosemary, juniper,
eucalyptus radiata.

Oily skin blend

15ml almond oil
2 drops lemon essential oil
1 drop each of cypress, geranium and cedarwood essential oils.

Sensitive skin blend

3 drops lavender
1 drop each of cedarwood, sandalwood and Roman chamomile essential
oils.

Bath melts

Bath melts are perfumed solid oil and make a great treat. They are very
easy to make and can be perfumed with whatever essential oil you desire.

Bath melts

96g baking soda
64g cocoa butter organic deodorised
32g citric acid
4g essential oil

Melt the cocoa butter and add the rest of the ingredients. Pour into small
chocolate-type moulds or ice-cube trays to set.

Bath salts

- 1 cup Epsom salts
- 1 cup Dead Sea salt
- 20 drops fragrance or essential oil
- 10 drops food colouring (optional)

Place all the ingredients in a large bowl and blend until you are happy with the colour. Pour the salts into a clear glass jar with a tight-fitting lid. Shake every day for a week. To use in a bath: Add ¼ cup of the salts to running water.

Floral bath salts

- 1 cup Epsom salts
- 1 cup Dead Sea salt
- 10 drops German chamomile essential oil
- 5 drops ylang ylang essential oil
- 3 drops clary sage essential oil
- 10 drops green food colouring

Place all the ingredients in a large bowl and blend until you are happy with the colour. Pour the salts into a clear glass jar with a tight-fitting lid. Shake every day for a week. To use in a bath: Add ¼ cup of the salts to running water.

Fresh flower bath salts

- 10 drops bergamot essential oil
- 5 drops jasmine cosmetic essential oil
- 5 drops rose fragrance oil
- 10 drops red food colouring

Place all the ingredients in a large bowl and blend until you are happy with the colour. Pour the salts into a clear glass jar with a tight-fitting lid. Shake every day for a week. To use in a bath: Add ¼ cup of the salts to running water.

Old rose bath salts

- 10 drops rose fragrance oil
- 3 drops lavender essential oil
- 2 drops clove bud essential oil
- 10 drops red food colouring

Bath milk

- 1 cup powdered instant milk
- 1 tbsps orris root powder
- 1 cup Dead Sea salt
- 10 drops jasmine cosmetic essential oil
- 7 drops ylang ylang essential oil
- 5 drops bergamot essential oil

Place all the ingredients in a large bowl and blend well. Pour the salts into a clear glass jar with a tight-fitting lid. Shake every day for a week. To use in a bath: Add ¼ cup of the salts to running water.