

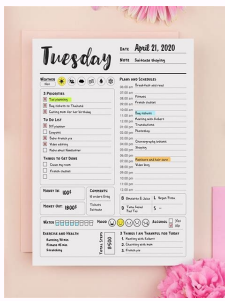
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Bath Oil Recipes



My Favorite Bath

- 3 drops Sandalwood
- 3 drops Lavender
- 3 drops Patchouli
- 1 cup Salts

Blend oils and add to salts. Let sit for awhile to allow to build fragrance. Use to relax and center.



Inspirational Solution

- 10 drops Bergamot Oil
- 8 drops Lemon Balm
- 5 drops Bay Oil
- 5 drops Grapefruit Oil

Inspires contentment, sharpens concentration, and promotes creativity.



PMS Bath

- 2 drops Clary Sage
- 3 drops Lavender
- 2 drops Chamomile
- 2 drops Rose Geranium

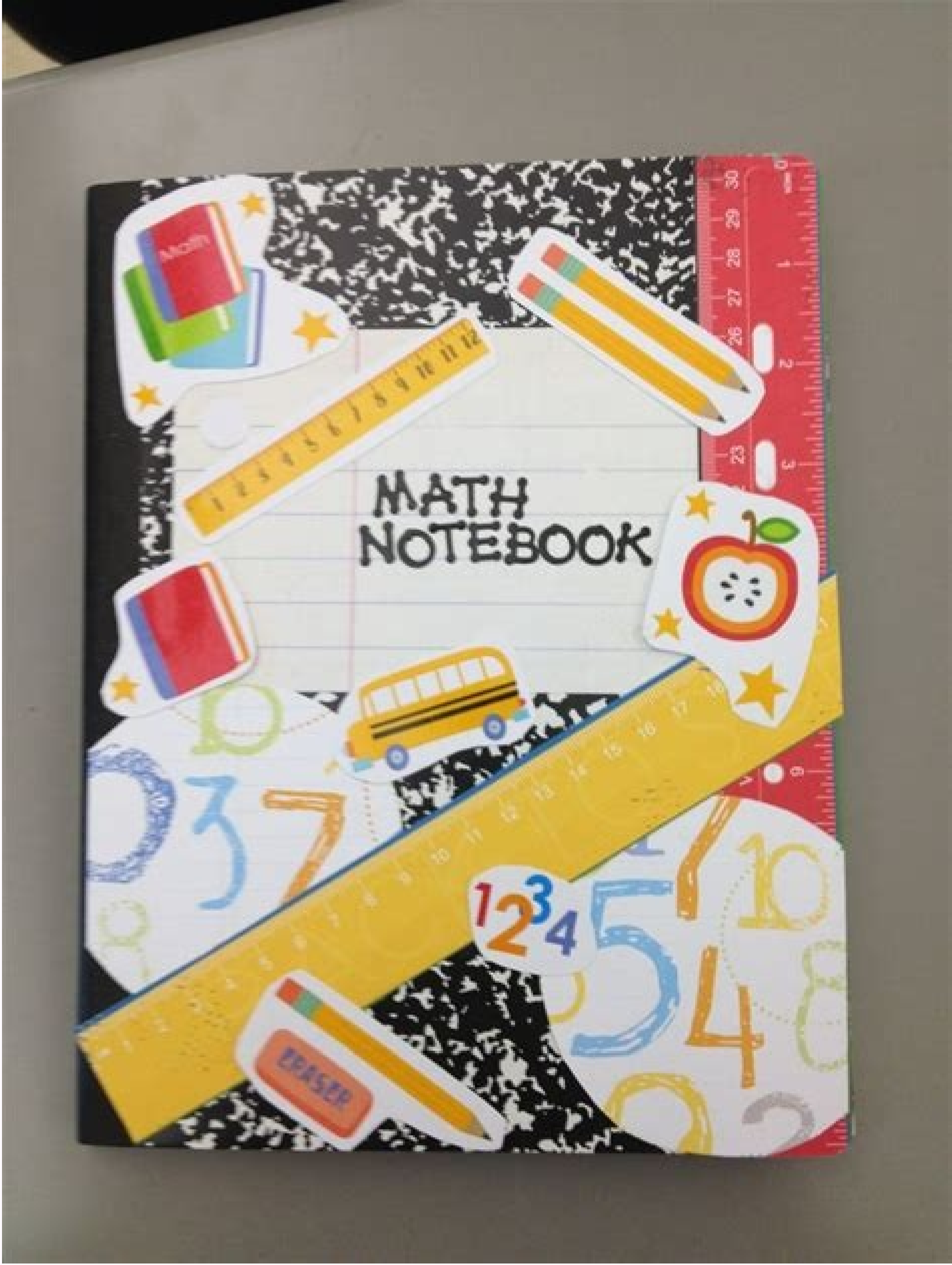
Add to tub full of warm water and soak until water cools. For bloating, add oils to 1/2 oz. Of sweet Almond Oil with 2 drops of Juniper and massage into the abdomen.



Cold Care

- 5 drops Eucalyptus Oil
- 3 drops Lavender Oil
- 2 drops Peppermint Oil

Use anytime you feel congested and achy. For added benefit, add oils to 1 oz. Sweet Almond Oil and massage into chest, arms, and abdomen before going to bed. Helps ease congestion and speeds healing.



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