

Recipes for Aromatic Baths

One of the most pleasant and effective methods for treating the skin is an aromatic bath. The combination of water, warmth, and the pleasant fragrance of the essences has several beneficial effects. Your skin is cleansed, treated, or healed with the essential oils, and at the same time is nourished and lubricated by other components such as vegetable oils- an important effect for normal dry and mature skin. In addition, inhalation of the stimulating scents affects one's mood and general well being. Thus an aromatic bath (perhaps supplemented by music or even candlelight) can treat the mind as well as the body.

If a few drops of essential oil are added to water, most of it will simply float on the surface. In fact, some essential oils are more water soluble than others. In order to dissolve them evenly, it is best first to mix the essential oils with a carrier oil (e.g., Jojoba, almond, or olive oil) and add when the bathtub is full. However, you can also put drops of the essences directly in the water.

To prepare the skin for a treatment bath, start with a cleansing shower; the skin will then be better able to absorb the essences. Drape yourself in a towel and mix the bath oil while the tub is filling. This might also be the time to prepare a facial mask or pack. Then get into the tub, relax, and breathe in the fragrance. From time to time, move the water around gently in order to spread the essential oils over your entire body. The skin will have absorbed the essential oils in about 15 to 20 minutes. If vegetable oil is added, a fine oil film will remain on the skin after the bath; this film should not be rubbed or showered off.

Although, some of the bath recipes below that do not list a vegetable (carrier) oil, you can add one ounce of your preferred carrier oil to the allotted essential oil drops.

Cleansing Baths

For All Skin Types

3 drops Basil
3 drops rosemary
3 drops lemon
(activates circulation, cleanses pores)

For Blemished and Tired Skin

6 drops sage
2 drops lemon
2 cups apple cider vinegar

Skin Care Baths

For Mature Skin

4 drops neroli
4 drops lavender
2 tbsp honey
2 tbsp avocado oil

For Oily Skin

6 drops basil
2 drops lemon
2 cups apple cider vinegar

For Dry Skin

6 drops carrot seed
6 drops bergamot
2 tbsp vegetable oil
1 tbsp honey

For Normal Skin

5 drops lavender
5 drops bergamot
2 tbsp vegetable oil
1 tbsp honey

Other Special Baths

Detoxification Bath

2 drops geranium
2 drops rosemary
2 drops juniper
2 drops lavender

Healing Bath for Blemished Skin

6 drops tea tree
6 drops lavender

Summer Bath Oil

3 2/3 oz avocado oil or jojoba oil
1/3 oz wheat germ oil
40 drops lavender
20 drops lemon
(Makes enough to store a bottle in reserve)

After-Sun Bath

6 drops lavender
4 drops carrot seed
2 tbsp almond oil or jojoba oil

Sunburn Bath

4 drops peppermint
6 drops lavender
2 tbsp jojoba oil
1 tbsp honey

After Bath Lotion

9 oz of apple cider vinegar
9 oz pure water
10 drops lavender
10 drops rose.

Place all ingredients in a bottle and shake well. To use, sprinkle on a washcloth and rub down the body. This is a refreshing lotion which cleanses and stimulates circulation and is beneficial to the skin. It is very suitable for oily and blemished skin. Use less apple cider vinegar if it smells too strong.

