

Recipes For Making Your Own Bath Salts

SWEET DREAMS

For those burning the candle at both ends and trying to do it all

Active ingredients: lavender, tangerine, Palma Rosa, chamomile

Counteracts anger, eases nightmares and sleeplessness

2 oz unscented Bath Salts
5 drops Luscious Lavender essential oils
5 drops Peaceful Lullaby essential oils
20 drops Jojoba Oil

Also recommended with a cup of Adagio Chamomile tea while soaking and hugging a Lavender Lil Bunny at bedtime. Add one Dreamerz Chocolate with Melatonin for hard to cure cases

HOLIDAY STRESS BUSTER

For fatigue over unending lists of things to do

Active Ingredients: lavender and clary sage

Induces calm, supports relaxation, facilitates sleep

2 oz unscented Bath Salts
8 drops Luscious Lavender essential oils
5 drops Celestial Clary Sage essential oils
20 drops Jojoba Oil
1 pinch Lavender buds

Also recommended with a cup of Adagio Chamomile tea while soaking and application of Nubian Lavender Shea Butter after bathing

I CAN CONQUER THE WORLD

For a much-needed boost in energy and optimism that you'll make it through the holidays

Active Ingredients: lavender, clary sage, tea tree, peppermint, fennel, orange

Counteracts boredom, stimulates, uplifts, strengthens and fortifies

2 oz unscented Bath Salts
5 drops Tea Tree Tonic essential oils
5 drops Celestial Clary Sage essential oils
5 drops Citrus Sensation essential oils
20 drops Jojoba Oil

Also recommended with a cup of Zhená Lemon Rooibos tea while soaking and application of Nubian Lemongrass & Tea Tree Lotion after bathing

PATIENCE POTION

For irritability at family members, co-workers and crowds at malls

Active Ingredients: lavender, rose geranium, patchouli, ylang ylang, orange, Palma rosa, bergamot

Counteracts aggression, anxiousness, and emotional stress

2 oz unscented Bath Salts
8 drops Sweet Enchantment essential oils
5 drops Elegant Rose essential oils
20 drops Jojoba Oil essential oils
1 pinch Lavender buds

Also recommended with a cup of Zhená's Sense of Peace Tea while soaking and application of Biggs & Featherbelle ylang ylang & Patchouli Body Butter after bathing

FLU FIGHTER

For those surrounded by sick so-workers, germly kids and living in cold, wet climates

Active Ingredients: lavender, rosemary, eucalyptus, clary sage, cypress, marjoram and vetiver

Eases stressed sinuses and muscles and induces pampering when you need it most

2 oz unscented Bath Salts
5 drops Radiant Rosemary essential oils
10 drops Euphoric Eucalyptus essential oils
5 drops Tea Tree Tonic essential oils
20 drops Jojoba Oil

Also recommended with a cup of Caffé D Amore Green Tea Chai while soaking and a Eucalyptus scented body wrap in bed.



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