

Taking a Wonderful Bath using Essential oils

by Penny Keay © 2007, Updated, Revised © 2011

The Art of Bathing

Taking a bath is a daily ritual for many folks, for others it's something they can only enjoy occasionally.

In either case, taking a bath can help you relax and yet although calming it can make you feel refreshed and rejuvenated.

To have a wonderful aromatherapy bath is a very easy and simple thing to do. To begin fill the tub with warm water first, then add 5-10 drops of essential oil or a synergy blend. Also add 2 or more cups of Epsom Salts or other [bath salt](#). Sea Salt mixed with Baking Soda and Epsom salts makes a soaking bath even more enjoyable. (Just use equal amounts of all and it will be wonderful.)

Next, close the bathroom door and leave for 5-10 minutes. Upon your return enter the tub and soak for a minimum of 10 minutes. This is the minimum amount of time needed to receive the benefits of the essential oils and the salts. Soaking for more than 30 minutes is not necessary – but I have been known to soak for an hour. ☺

But then again, you shouldn't be in a hurry now, as it's your time to sit back and enjoy!

Add more hot water as needed, don't make it too hot. Don't let it get too cool. The heat, the essential oils and the salts all help your body to heal and rejuvenate.

Additionally, to enhance your experience play some soothing music and light a few candles, create a 'just for you' atmosphere. Simply enjoy.

Some folks like to add about 1 teaspoon of a fixed oil such as [Sweet Almond](#), or [Apricot](#) or [Grapeseed oil](#) to the tub. These oils can soften the skin while bathing. But please do be careful when leaving the tub as adding oils to the water and the tub can make the tub slippery. We don't want you to get hurt.

Adding bath salts is very soothing. If you have back or muscle strains and pains from any health injury or condition – fibromyalgia, chronic fatigue etc the Epsom Salt and other salts when added to the bath water can be very comforting.

If you are enjoying your bath earlier in the day or evening, don't forget to turn off the telephones, televisions, lock the house doors, you don't want to be interrupted!

Taking baths regularly with essential oils can help with stress, muscle aches and pains, and help to alleviate tension and anxiety. Al and I enjoy a bath daily. Our massage therapists says that folks that soak in tubs and add Epsom salts and other salts seem to have muscle problems respond better than those taking just a hot shower.

Helpful hints to enjoy your bath: Make a cup of tea or hot cocoa to enjoy while soaking. Turn on appropriate music, turn off the lights (but only if you have a few candles lit) or use a [Night light with a dimmer switch](#).

Don't forget to arrange your after bath towel, soft and comfy. Apply [lotion or creams](#) if you did not use a carrier oil in the tub.

Again, Enjoy your bath!

A Recipe for a Relaxing Bath Blend

[Lavender](#) - 6 drops

[Roman Chamomile](#) - 4 drops

[Rosewood](#) - 4 drops

[V'nilla's Blend](#) - 2 drops

[Neroli](#) - 2 drops

[Rose](#) - 1 drop

[Ylang ylang](#) - 1 drop

Mix in an amber bottle such as a [4 ml or 10 ml](#) orifice reduced bottle.

This recipe will make enough for 3-4 baths. As you will add about 5-8 drops to the tub of warm water.

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