

Ooooo, Let's Go Soak in a Hot Bath!

The first snowstorm of the season arrived this past weekend here in Minnesota and along with the snow came a blast of cold air.

Now I don't like being cold for very long. Most folks don't mind getting all wrapped up in long sleeves and long pants but well, we like to wear our shorts and tee shirts as much as possible. So when the cold air arrives we still aren't prepared. The cold chills me everywhere.

To warm my chilled to the bones body I love to take a long hot bath with many of my favorite essential oils to make me feel warm and cozy.

How about you? Light a few candles, play some soft music and relax and warm up!

As I'm filling the tub I'll sometimes add a ½ -1 cup of our [premixed bath salts](#). Swish them around to get them dissolved then as the tub continues to fill I'll add several drops of essential oils.

My favorites: [Lavender](#) and [Calming Blend](#). When I'm feeling a little stuffy in the head or chest I'll definitely use [Pure Cleansing](#). This blend helps to make my breathing so much easier and clears my sinuses.

And if we have been exposed to a few ill folks when we've been out shopping adding a couple drops of [Four Robbers blend](#) may be all we need to do to ward off any malady.

Here are a few simple combinations of oils to try for your next few baths. For me, I take a bath every night. It is part of my bedtime ritual and routine. If I don't take a bath, something is missing in my routine and falling asleep easily becomes near impossible.

So here you go, a different combination of essential oils for seven nights of baths, Enjoy!

General Rule of Thumb (for use in the bath tub: Only use 6-10 drops total of essential oils per bath. BUT if you have a large soaking tub (like we do, that holds two people) you can add 2-3 extra drops.

NIGHT 1 – Sweet Floral Sensations

[Lavender](#) 6 drops

[Ylang-Ylang](#) 3 drops

NIGHT 2 – I'm Tired

[Lavender](#) – 4 drops

[Peppermint](#) – 3 drops

[Roman Chamomile](#) – 3 drops

NIGHT 3 – Need to be Grounded

[Lavender](#) – 4 drops

[Sandalwood](#) or [S'Woods](#) – 3 drops

[Patchouli](#) – 3 drops

NIGHT 4 – It's been a bad day

[Bergamot FCF](#) – 3 drops

[Rosewood](#) – 3 drops

[French Lavender](#) – 3 drops

[Rose Otto](#) – 1 drop

NIGHT 5 – Just nice

[Lavender](#) – 5 drops

[Sweet Orange](#) – 3 drops

[V'nillas](#) – 2 drops

NIGHT 6 – Saturday night Special (wink, wink)

Vanilla in Jojoba – 10 drops

[Jasmine 10% in Jojoba](#) - 6 drops

[Rose 5% in Jojoba](#) - 6 drops

[S'Woods](#) – 4 drops

[Ylang-ylang](#) – 2 drops

(The Jojoba in the above essential oils helps to soften your skin while you soak)

NIGHT 7 – Burning the midnight oil

[Rosemary](#) – 3 drops

[Lemon](#) – 3 drops

[Peppermint](#) – 2 drops

Bonus Night – Your choice.

How about plain old [Lavender](#)!

Be sure to Check out our [NEW Bath Salt and Bath Fizzy Collections!](#)

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Aromatherapy Tip of the Week

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