

Aromatherapy Bath Formulas

Baths are beneficial to improve health. When oils are diffused in the bath water, they help you relax. Close all bath windows and doors to prevent oil vapors from escaping. Draw your bath with warm water. To help soften the skin you can add 1 cup of Epsom salt to the bath with any of the Bath Formulas listed below. Pour your Bath Formula into the bath and swirl the water to disperse the oil evenly. Relax and enjoy the bath for at least 30 minutes.

Bath Formulas

Calming Bath Formula

This Bath Formula will create three (3) Baths. Mix your Bath Formula in a ½ fl. oz. Bottle (15 ML). Use only 1/3 fl. oz. (5 ML) per bath.

- Cypress 15 Drops
- Lavender15 Drops
- Fennel9 Drops
- Orange 6 Drops
- Grapeseed Oil (13 ML) about 3 teaspoons

Premenstrual Syndrome

This Bath Formula will create three (3) Baths. Mix your Bath Formula in a ½ fl. oz. Bottle (15 ML). Use only 1/3 fl. oz. (5 ML) per bath.

- Grapefruit 12 Drops
- Clary Sage12 Drops
- Ylang Ylang12 Drops
- Geranium 9 Drops
- Grapeseed Oil (13 ML) about 3 teaspoons

Stress Relievers

This Bath Formula will create three (3) Baths. Mix your Bath Formula in a ½ fl. oz. Bottle (15 ML). Use only 1/3 fl. oz. (5 ML) per bath.

- Marjoram..... 12 Drops
- Cedarwood12 Drops
- Melissa9 Drops
- Grapefruit..... 6 Drops
- Orange 6 Drops
- Grapeseed Oil (13 ML) about 3 teaspoons