

Bath Oil Recipes

Bath oils use carrier oils and essential oils to moisturize nourish the skin. Bath oils are safer than adding essential oils directly into the bath water and decrease the risk of sensitization.

Ingredients Needed:

Carrier Oil: Jojoba, Olive, or Sweet Almond

Skin Safe Essential Oils: Lavender, Clary Sage, Rose, Geranium, Frankincense, Sandalwood, Eucalyptus, Spruce, Juniper, Roman Chamomile, Vetiver, Patchouli, Rosemary, Ylang Ylang, Elemi, Tea Tree
This is just a partial list of skin safe oils to create bath oils.

Recipe #1 for Meditation and Relaxation:

2 Drop Frankincense

4 Drops Rose

6 Drops Lavender

1 oz. Carrier Oil

Mix together and store in glass bottle.

To Use: Add ½ oz. (1 Tablespoon) of the bath oil just before getting into the tub and hop in.

Recipe #2 for Relieve Stress and Muscle Tension:

9 Drop Lavender

3 drops Roman Chamomile

1 oz. Carrier Oil

Mix together and store in glass bottle.

To Use: Add ½ oz. (1 Tablespoon) of the bath oil just before getting into the tub and hop in.

Recipe #3 for Cold & Flu:

8 drops Eucalyptus

4 Drops Tea Tree

3 drops Lavender

1 oz. Carrier Oil

Mix together and store in glass bottle.

To Use: Add ½ oz. (1 Tablespoon) of the bath oil just before getting into the tub and hop in.

Safety: Do not use these recipes for young children, pregnant women, or the elderly.

