

Home Spa Recipes

Basic Bubble Bath

Ingredients:

- 5 drops fragrant oil or essential oil (your choice)
- 1 quart water
- 1 bar castille soap (grated or flaked)
- 1 ½ ounces glycerin

Mix all ingredients together. Store in a container. Pour in running water.

Basic Bath Salts

Ingredients:

- Salt - (your choice: Epsom, Sea or Kosher Salt)
- Baking soda (softens your skin)
- Essential oil of your choice
- Food coloring optional

Pour the salt, the essential oils, and a few drops of food coloring into the bowl. Fill the jar. When it's time to use the bath salts, pour the mixture into the bathtub and add warm water. Stir the water so the salt dissolves.

Ocean Blue Bath Salt Recipe

Ingredients:

- 1 cup epsom salt
- 1 cup baking soda
- 4 drops blue food coloring
- 3 drops Jasmine fragrant or essential oil
- 4 drops vanilla
- 2 tablespoons glycerin

Combine dry ingredients, mix well. Add color and scents one at a time. Keep stirring until mixed well. Break up any clumps. Keep mixing until you have a semi fine powder. Add glycerin & mix well.

Minty Fresh Bath

Ingredients:

- 1 cup fresh or 1/4 cup dried mint (chop up finely if its fresh)
- 1 cup fresh bay leaves -finely chopped
- 1 teaspoon coconut oil
- 1 teaspoon of almond extract

Mix ingredients together then place in a mesh bag such as cheesecloth. Place under hot running water. Sit back & enjoy.

Milk Bath

- 3 cups powdered milk
- 1/4 cup oatmeal
- 1/4 cup dried orris root (has a soft violet scent)
- 1/3 cup almond meal
- 1 capsule vitamin E (break open into dry ingredients)
- 1/3 cup cornstarch

Makes enough for a few baths. Combine ingredients and make sure it's completely mixed. Store in a container. When you are ready to add it to your bath, scoop the desired amount of the mixture and tie securely in a muslin bag or even a facecloth will do. Tie to the faucet allowing the warm water to run over the bag.

* To make almond meal: Using a blender, grind up blanched or slivered almonds to a powdered consistency.

Fields Of Gold

Ingredients:

- 4 cups powdered milk
- 1 cup boiled water
- 1/2 cup dried chamomile or 5 chamomile tea bags

Steep chamomile in water for 20 minutes Strain liquid. Mix liquid with milk and add to bath water. Especially nice after a long days work.

Aches & Itches Bath Salt Recipe

Ingredients:

- 1/2 cup baking soda
- 1/2 cup dry milk
- 1 cup epsom salt
- 1 cup sea salt

Mix all ingredients together in a large ziploc bag.

Apple Honey Facial Mask

Ingredients:

- 1 medium size apple (grated)
- 5 tablespoons of honey

Mix the grated apple and mix with honey to make a mask. Smooth over skin then let sit for 10 minutes, rinse off with cool water.

Cucumber Hair Drench

If you swim in a chlorinated pool for exercise on a regular basis, the same damage you've noticed happening to your skin and bathing suit, is happening to your hair, as well. Try this treatment at home to keep chlorine damage to a minimum.

- 1 egg
- 1 eggshell's worth of olive oil
- 1 quarter of a peeled cucumber

Blend the egg, olive oil and peeled cucumber. Spread evenly through your hair, leave on for 10 minutes, and then thoroughly rinse. For the best results year-round, continue this treatment monthly.

Honey Oatmeal Facial

- 1/4 cup plain yogurt or buttermilk
- 1/2 cup oatmeal
- 2 tablespoons of honey

Finely grind or process the oatmeal in a blender or food processor. Set aside. In a small bowl, stir together honey and yogurt, and then add ground oatmeal. Mix thoroughly until a smooth paste consistency has been reached. Smooth over your face and neck, leave on for fifteen minutes, and rinse off with warm water. Can be used daily.

SPA BATH COOKIES

- 2 cups finely ground sea salt
- 1/2 cup baking soda
- 1/2 cup cornstarch
- 2 T light oil
- 1 tsp vitamin E oil
- 2 eggs
- 5-6 drops essential oil of your choice

Preheat your oven to 350 F. Combine all the listed ingredients and form into a dough. Using a teaspoon or so of dough at a time, roll it gently in the palm of your hand until it forms a ball. Form all dough into one teaspoon balls, and gently place them on an ungreased cookie sheet. Consider sprinkling the bath balls with herbs, flower petals, cloves, citrus zest and similar aromatic ingredients. Bake your bath cookies for ten minutes, until they are lightly browned. Do not over bake. Allow the bath cookies to cool completely. To use, Drop 1 or 2 cookies into a warm bath and allow to dissolve. Yield: 24 cookies, enough for 12 baths.

Oh My Aching Feet

- 1T olive oil
- 1 tsp of Aloe Vera
- 1 tsp wheat germ oil
- 20 drops of peppermint essential oil
- 20 drops of eucalyptus essential oil

Mix together and massage feet gently with this soothing ointment, or, add to a basin of very warm water, and soak. Finish by lightly dusting them in corn starch.

