

Oatmeal Bath Soaks

Items You Will Need:

- Cheese cloth
- Dried herb(s)
- Essential oil (s)
- Oatmeal (dry) *Gluten free if possible*

Putting the Bags Together

For making this bath, you will need cheesecloth or a muslin drawstring bag. In a mixing bowl combine the dried oatmeal to the dried herbs. You can also add some drops of your favorite essential oil to the mix at this time.

Wrap all these ingredients together in the cheese cloth. Place bag under the running faucet, this is a good way to ensure that the ingredients spread evenly through the bath. Use warm water as it helps in spreading the fragrance much better. You can also scrub the body using the cloth. Soak for at least half an hour to get best results.

Benefits

- **Oatmeal** can help to relieve dry itchy skin by locking in the moisture and protecting skin from exterior irritants. It can also soothe sunburns and skin conditions such as psoriasis and eczema. Itchy, dry skin often has a high pH level, but oatmeal can help normalize your skin's pH.
- **Lavender oil (NSP):** relaxant, anxiety, nervousness, stress, body odor, cramps / spasms, anti-fungal, headaches, tension and promotes restful sleep.
- **Rosemary oil (NSP):** arthritis, improves circulation to the brain, decongestant, coughs, colds, croup, depression, anti-fungal, skin infections and oily skin.
- **Clarify oil (SN):** nerve health, jet lag, fatigue, memory, focus, circulation, respiratory clarity, lymphatic decongestant, anti-fungal, anti-bacterial, helps one move forward and increase blood flow.
- **Calm oil (SN):** grounding, calming, nervousness, anxiety, anti-fungal, calms anger, promotes restful sleep, skin irritations, fatigue, sore muscles and mental chatter.
- **Balance oil (SN):** restores harmony, can help stop the spread of infection, anxiety, anti-inflammatory, anti-fungal, adrenal fatigue, immune support and calms heart and nerves.
- **Chamomile:** calming, poor circulation, indigestion, irritability, nervousness, itching, psoriasis, rashes, hives, sprains, wounds and sores.

- **Lavender:** see benefits under lavender oil.
- **Eucalyptus:** asthma, decongestant (lungs, sinuses), colds, coughs, bacterial infection, wounds and sores.
- **Jasmin:** can help to restore moisture and elasticity to skin, soothes sunburns and rashes, restful sleep, calming, headaches, depression and anxiety.
- **Sage:** soothes bites and stings, body odor, perspiration (excessive), wounds, sores, inflammation, arthritis, antioxidant, eczema, psoriasis and stress.
- **Rose petals:** relaxing, anti-inflammatory, anti-fungal, acne, eczema, psoriasis, mood lifting and soothes and softens skin.
- **Mint:** (Spearmint) anti-inflammatory, dry itchy calms and softens skin, nervousness, skin problems and headaches. (Peppermint) burns, corns, lack of energy, fever, anti-fungal, hot flashes, bites and stings, nausea and vomiting.
- **Rosemary:** see benefits under rosemary oil.
- **Stinging nettle:** sore muscles and joints, arthritis, eczema, itchy skin, anti-inflammatory, respiratory congestion, wounds and sores.

