

Aura Cacia®



pure aromatherapy



Spring Into Summer Aromatherapy Bath

It's easy to overdue it when warming spring and summer temperatures inspire us to shed the layers and expose skin to bright sunshine. Create this moisturizing bath treatment to soothe and nourish your whole body.

½ cup sea salt

½ cup baking soda

¼ cup Aura Cacia® jojoba or grapeseed oil

2-3 bags of green tea

20 drops Aura Cacia® lavender essential oil

10 drops Aura Cacia® grapefruit essential oil

10 drops Aura Cacia® sweet orange essential oil

In a glass or porcelain container, mix salt, baking soda, jojoba or grapeseed and essential oils, then pour in bath. Float tea bags in bath and soak away your worries.



Visit www.auracacia.com for more great essential oil recipes and valuable coupons.



Aura Cacia® ~ Urbana, IA 52345 ~ 1-800-669-3275
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