

# Shift Your Mood with Aromatherapy

What is the aroma of sunshine? If the waning light of summer had a scent, it might be a bit like bergamot orange or eucalyptus—fresh, sweet & bright. If the shorter days and graying skies of fall make you seasonally sad, reclaim a bit of sunshine with this fizzy bath salt.



## Sunshine Fizz Bath

- 1 tablespoon sea salt
- 1 tablespoon vitamin C powder
- 1 tablespoon baking soda
- 15 drops Aura Cacia® bergamot essential oil
- 12 drops Aura Cacia® eucalyptus essential oil

Blend ingredients and dissolve in hot bath. Extra Tip: Toss in a couple bags of peppermint tea to infuse your bath with even more fresh memories of summer sunshine.



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