



*Mineral bath salts are an excellent vehicle for customizing your own aromatherapy experience. Try adding one of the essential oil blends below to your mineral bath salt or use your creative genius to develop your own!*

## **Mineral Bath Recipe Blends**

### **SKIN RENEWAL BLEND**

**Benefit:** Purifying

Lavender and clary sage nourish and tone the skin, while lemon is cleansing and brightening. This blend is appropriate for all skin types and ages.

- 24 drops Aura Cacia® lavender essential oil
- 6 drops Aura Cacia® clary sage essential oil
- 6 drops Aura Cacia® lemon essential oil
- 1-2 ounce tin of sea salt

**DIRECTIONS:** Sprinkle essential oils over the sea salt and mix until fully incorporated. Add desired amount to bath water.

### **PURIFICATION BLEND**

**Benefit:** Purifying

Combat body aches, chills and congestion with a soak in this preventative eucalyptus and tea tree blend. These powerful anti-microbial oils will cleanse and open breathing.

- 14 drops Aura Cacia® eucalyptus essential oil
- 8 drops Aura Cacia® tea tree essential oil
- 14 drops Aura Cacia® grapefruit essential oil
- 1-2 ounce tin of sea salt

**DIRECTIONS:** Sprinkle essential oils over the sea salt and mix until fully incorporated. Add desired amount to bath water.

### **LAVENDER BALANCING AROMATHERAPY BLEND**

**Benefit:** Balancing

Lavender is one of the most adaptable essential oils for creating aromatherapy blends or fragrances. It adapts well to rich floral oils like rose otto or strong herbaceous oils like camphoraceous rosemary. The aromatherapy benefits of lavender are equally adaptable. A calming floral blend can be made more refreshing and uplifting, while an invigorating, herbaceous blend can be made more calming by adding lavender.

- 7 drops Aura Cacia® lavender essential oil
- 7 drops Aura Cacia® bergamot essential oil
- 1 drop Aura Cacia® patchouli essential oil
- 1 drop Aura Cacia® juniper berry essential oil
- 1-2 ounce tin of sea salt

**DIRECTIONS:** Sprinkle essential oils over the sea salt and mix until fully incorporated. Add desired amount to bath water.



## **BATH BOOSTERS**

- 💧 Add 1 or 2 teaspoons of Aura Cacia skin care oils including jojoba, sweet almond and grapeseed for extra skin-nourishing benefits.
- 💧 Sprinkle 1 or 2 tablespoons of finely ground rolled oats into the bath to soften the skin and relieve irritation and itchiness.
- 💧 Pour in a cup of organic whole milk to provide luxurious skin-nourishing properties.
- 💧 Toss in 1 or 2 bags of tea to increase the skin-toning effects of your bath.
- 💧 Buy a dozen organic roses and stew some scented petals over the surface of your bath.