

ALMOND BATH OIL

4 oz. almond oil
few drops perfume

Fill a four-ounce bottle with almond oil and the perfume. Let set overnight.

AROMATHERAPY BATH OIL

8 drops favorite essential oil
1 or 2 tsp. vegetable oil

Add mixture to the water after you've soaked a few minutes so the skin can hydrate. As you emerge, the oil coats your skin with a protective film. This is very beneficial for dry skin.

AROMATHERAPY BATHS

Stress Reduction

3 drops orange essential oil
2 drops lavender essential oil
2 drops ylang-ylang essential oil
1-drop clary sage essential oil

Sore Muscle Relief

3 drops lavender essential oil
2 drops German or Roman chamomile essential oil
1-drop rosemary essential oil
1-drop juniper essential oil
1-drop peppermint essential oil

Skin Conditioning and Rejuvenation

4 drops lavender essential oil
2 drops ylang-ylang essential oil
1-drop palmarosa essential oil
1 drop geranium essential oil

Sleep Inducing

3 drops German chamomile essential oil
3 drops lavender essential oil
2 drops neroli essential oil

Spirit Uplift

3 drops orange essential oil
2 drops neroli essential oil
2 drops lavender essential oil
1 drop lemon essential oil

General Relaxation

10 drops lavender essential oil
10 drops orange essential oil
5 drops Roman chamomile essential oil
3 drops ylang-ylang essential oil
2 drops clary sage essential oil

Use 8 drops of desired mixture per bath, less if you have sensitive skin. To disperse the oils more thoroughly in the water, mix them with one tablespoon of vodka or vinegar before dropping them in the bath.

NOTE: Any of the blends can be used directly in the bath or made into bath oils.

BABY POWDER

1 oz. powdered chamomile
1 oz. powdered marigold flowers
1 oz. oat or oatmeal powder
1/2 oz. comfrey root powder
1/2 oz. powdered eggshells
1/2 oz. cornstarch (optional)

Sift through a very fine sifter, then bottle. If heat rash is a problem, add cornstarch.

BATH POWDER

1 C. cornstarch
1 C. talc
few drops scented oil or a favorite cologne or perfume

Fill an empty wide-mouth jar or box with cornstarch and talc. Spray the mixture with your favorite cologne or perfume or add scented oil. Stir; cover and let mixture mellow for 24 hours.

BATH SALT

4 parts sea salt
2 parts baking soda
1 part Epsom salt
1 part Dead Sea salt (optional)

Use 1 cup per bath. Essential oils can be added, 8 drops per bath.

BATH SALTS I

3 C. Epsom salt
1 T. glycerin (from drugstore)
2 drops perfume or cologne
1 to 2 drops food color

In a glass bowl or cup, mix glycerin, half the fragrance and food coloring. Stir salt in a glass or metal bowl, gradually adding the glycerin mixture; mix thoroughly. If the scent is not strong enough, add another drop or more of fragrance. At bath time, pour 1/2 to 1 cup salts into the water.

BATH SALTS II

5 lb. Epsom salt
1/2 C. rubbing alcohol
1/2 box Rit dye
1/2 C. glycerin
2 or 3 oz. cologne or perfume

Mix together. Leave in a pan to dry, mixing often. After Bath Salts has completely dried, store in fancy bottles or jars with a tight-fitting cap.

BEDTIME BATH MIXTURE

This will help you unwind and relax after a stressful day.

2 drops rose geranium oil
2 drops lavender oil
2 drops chamomile oil

Mix the oils into a warm bath and soak for at least 15 minutes.

BODY POWDER

1 oz. plain talcum
4 drops essential oil
1 oz. powdered eggshells

Powder eggshells in a blender or food processor until very, very fine. Mix talcum and eggshell powder. Drop essential oil into mixture and stir with a fork. Set aside for a few days.

Sift and resift 5 or 6 times through a regular flour sifter. Allow setting again for a few days; repeat sifting procedure.

BUBBLE BATH

5 lb. Epsom salt
2 C. powdered detergent
1/2 C. liquid detergent
1/2 C. glycerin

Mix well, add food coloring, enough to suit your fancy. Add cologne, perfume or toilet water to suit your own taste, about 2 or 3 ounces. The cologne and glycerin may be omitted.

BUBBLES GALORE

1/2 C. detergent
1 C. Epsom salt
4 or 5 drops glycerin
few drops food coloring
few drops favorite cologne

Mix well to assure even distribution of color and fragrance. Add all at once to bath water.

BUBBLING BATH OIL

This will help itching caused by dryness.

1 pt. peanut or corn oil
2 T. detergent-type shampoo
few drops favorite perfume or rose geranium oil

Mix oil and shampoo with an eggbeater. Add perfume or rose geranium oil. Store in a bottle.

To use, add 2 tablespoons to bath water under running tap.

CITRUS FRUIT BATH LOTION

1/4 C. avocado oil
1/4 C. almond oil
1/4 C. soy oil
1/4 C. melted coconut oil
1/2 oz. oil of orange or lemon peel oil
1/2 oz. oil of verbena

Mix ingredients well and place in a glass jar. Refrigerate. Pour 1/4 cup into bath water to scent and smooth skin.

DRY SKIN CONDITIONER

1 oz. oatmeal
1 oz. comfrey leaves, ground
1 oz. almond meal

Blend oatmeal, almond meal and comfrey leaves and mix 1 tablespoon of this to 1 quart warm water. Strain into bath water. Soak at least 10 minutes.

EASY BUBBLES

4 T. shampoo
2 C. mineral water
few drops any citrus extract or contents of a sample vial of perfume

Beat slightly with an eggbeater. Pour into a filled tub.

ENERGIZING MORNING BATH MIXTURE

4 drops rosemary oil
2 drops lavender oil

Add the essential oils into your bath water.

ESSENCE OF LEMON SPLASH

Peel of 1 lemon
2 C. water
2 C. witch hazel
several slivers lemon peel

Peel lemon and put peelings in a pot with water. Simmer until just 1 cup of liquid remains. Remove from heat and allow cooling. Pour into decorative container. For better preservation, the container should be of darkly colored glass. Add witch hazel and lemon peel slivers. Make sure lemon peel is covered by liquid so that peel is preserved. Shake. Allow settling for several days before using. Essence of Lemon Splash is refreshing added directly to bath water. Or splash it on after showering.

FANCY BATH SALTS

3 lb. Epsom salt
5 large mixing bowls
Food coloring
Perfume or cologne

Divide Epsom salt into the 5 mixing bowls. Put a few drops of food coloring into each bowl. Use red for pink; red and blue for orchid; tin the others blue, yellow and green. Work coloring in with your hands until evenly tinted. Then add a few drops of perfume or cologne for a delightful aroma. Alternate the colors in layers when filling pretty bottles.

To make a deluxe model, use crystal vases, and when finished layering bath salts, pour a layer of warm (not hot) paraffin on top of each. Add a fancy bow around the neck of the vase, and you have a lovely gift.

HERBAL BATH OIL

Small handful whole herbs

1 C. almond oil

Steep herbs in almond oil for 24 hours. Strain.

HERBAL INFUSION BATHS

Stress Reduction

3 parts lavender

2 parts chamomile

1 part hops

1-part passionflower

1-part lime blossoms

Sore Muscle Relief

4 parts lavender

1 part juniper

1 part rosemary

1 part marjoram

1 part peppermint

Skin Conditioning and Rejuvenation

2 parts rose petals

2 parts chamomile

2 parts orange blossoms

1 part rosemary

1 part angelica

Sleep Inducing

2 parts chamomile

2 parts passion flower

2 parts lavender

2 parts St. John's wort

Spirit Uplift

2 parts orange peel

2 parts St. John's wort

2 parts peppermint

1 part lemon peel

1 part rosemary

HONEY SOAP

1 bar favorite soap, chopped
1 oz. herb water
1 dollop honey

Heat all ingredients until the soap melts. Pour into a heavily greased container. Let cool, then unmold.

LAVENDER AND ROSE BATH SACHETS

This provides the bath water with a luxuriant perfume. Ideal for gift giving.

1 C. strongly perfumed rose petals
1 C. rose geranium leaves
1 C. lavender
Grated and dried rind of 1/2 lemon
1/2 C. rolled oats (optional)

Mix, and then pack tightly into small cheesecloth sachets.

LAVENDER BATH SPLASH

Few drops oil of lavender
3/4 C. distilled water
2 T. witch hazel
1-drop oil of musk (optional)

Combine all ingredients. Pour into a decorative container. Shake often during the next few days before using. You can use whole lavender instead of the oil. Distill the whole herb in 1 cup of distilled water.

LAVENDER BUBBLE BATH

1 qt. warm water
1 bar castile soap, grated
3 oz. glycerin
4 drops lavender perfume or 2 drops lavender floral oil

LAVENDER SOAK

2 T. lavender flowers
3 T. bay leaves
4 T. fine oatmeal
4 T. bran
4 C. distilled water

Blend oatmeal in a blender or food processor until finely ground. Mix all ingredients. Simmer, covered, for one hour. Strain; cool. Add to bath.

LILAC BUBBLE BATH

1 qt. warm water
1 bar castile soap, grated
3 oz. glycerin
3 drops lilac perfume or cologne

LUXURIANT BATH OIL

Flower petals

Sweet almond or olive oil

Fill a large wide-mouth jar with petals from your favorite garden flowers (such as lilac, gardenia, rose, jasmine, lavender) or the remains of a bouquet. Heat just enough sweet almond or olive oil to cover the petals. Close the jar and put it in the sun or as warm a place as possible. Heat helps activate the fragrance. Leave it at least three days.

Strain the petals out and you will have wonderful smelling oil. If you would like to further strengthen the scent, add a few drops of any essential floral oil that will work with the scent you have developed. When the scent is to your liking, pour it into an amber bottle and refrigerate.

MARIGOLD BATH

This will act as an astringent and stimulate. Marigolds have dehydrating properties and can help reduce excess body fluids.

1 C. dried marigold petals

1 tsp. baby oil

Add to warm (not hot) running water.

MATCHING BATH OIL

This ensures that your bath oil scent will not clash with your perfume or cologne.

1/2 to 1 tsp. favorite cologne or perfume

3 T. olive or baby oil

Mix and use as bath oil.

MILK AND BLOSSOM BATH

1/2 C. powdered milk

1/4 C. salt

Flowers*

* Mint and violets: Stimulate

Pansies, lavender and fuchsia: Soothe

Elderberry blossoms, hollyhock and dandelion: Moisten dry skin

Roses: Have an astringent effect on oily skin

Chamomile: Tones all types of complexions

As you run bath water, add powdered milk, salt, and flowers of your choice.

MINERAL BUBBLES

4 T. shampoo

2 C. mineral water

few drops lemon or orange extract or favorite perfume

Mix shampoo and extract or favorite perfume. Add mineral water and beat mixture with an eggbeater. Add under running warm bath water.

OATMEAL BATH

Put instant oatmeal in a muslin bag; let it soak in the water for a few minutes. Rub the bag on your skin. You can also buy colloidal oatmeal and add it directly to the water, where it disperses and forms a suspension that creates a soothing, moisturizing film on the skin.

PEPPERMINT BATH SALTS

1/2 C. Epsom salts
1/4 tsp. peppermint oil*
1 drop red food color (optional)

Grind salt to fine powder and pour into bowl. Add remaining ingredients. Stir. Let dry overnight. Store in sealed jar. Makes 4 ounces.

To use, add 1 tablespoon to bath water.

* For lemon, use lemon oil and yellow food color

PERFUMED BATH POWDER

2 C. cornstarch
1 C. rice flour
1 tsp. orrisroot powder
several drops of your favorite perfume or essential oil

Mix all the ingredients together and store the powder in a tightly closed tin for 1 week so that the orrisroot powder will absorb the scent. Transfer powder to other containers of your choice, if desired.

Variation

Omit any fragrance from the recipe. Add 1/2-teaspoon vanilla extract to the powder and 1 or 2 vanilla beans. Store the powder in a tightly closed tin.

PINE FOREST FOOTBATH

1 C. fresh herbs*
1 pt. hot water
1/2 C. salt

* Rosemary, thyme, marjoram and pine needles

Steep herbs with salt in hot water. Strain into footbath. Add more hot water. Massage feet with more pine needles.

POTPOURRI BATH OIL

This oil floats and will cling to your skin as you get out of the bath water.

6 T. apricot kernel oil (persic)
2 tsp. liquid lecithin
1 tsp. orange extract
1 tsp. brandy extract
4 tsp. rose extract

Shake all the ingredients together in a 10-ounce bottle. Shake before using.

PURE BUBBLE BATH

1 qt. warm water
1 bar castile soap, grated or flaked
2 oz. glycerin
3 drops perfume or cologne

ROSE BUBBLE BATH

1 qt. warm water
1 bar castile soap, grated
1 oz. coconut oil
1 oz. glycerin
1 drop jasmine perfume
2 drops rose perfume

ROSE WATER SPLASH

Rose water made with oil of roses feels more like a lotion than water. It's particularly nice for dry skin when added to bath water.

7 drops oil of roses
1 C. distilled water

Add oil of roses to water. Adjust the proportions to your personal taste.

SALT GLOW

This is a favorite spa treatment.

Before bathing, wet your skin and stand in the tub. With sea salt in your hands, give yourself a total body massage. Focus on working the salt into rough spots such as knees and elbows and avoid sensitive or irritated areas. Salt glows can be evoked with:

2 parts salt
1 part vegetable oil

SANDALWOOD BODY POWDER

1 oz. plain talcum
1/2 oz. sandalwood powder
1 oz. powdered eggshells

Mix and grind as fine as possible; then sift.

SEA SALT RUB **(rough skin slougher)**

4 C. kosher or sea salt
6 oz. water
2 oz. almond oil

Mix well. After wetting entire body in tub or shower, gently rub handfuls of the salt mixture all over, starting with the feet and working up. Use firm, vertical strokes or a circular motion. Rinse body and repeat

the massaging process with a loofah lathered with grainy soap. Rinse again. Your skin will feel smooth and clean.

SOAPY BATH OIL

1 oz. liquid Ivory® Soap
1 oz. wheat germ oil
3 oz. fruit or nut oils
1/4 oz. essential oil*

Mix soap with oils. Use 1 ounce per bath.

* Mint Oil: Stimulates
Sage Oil: For tired muscles
Rose, Jasmine, Sandalwood Oils: Relaxes
Lavender Oil: Cleanses, mildly stimulates

SOOTHING BATH SALTS

1 C. instant nonfat dry milk
1 C. baking soda
2 T. cornstarch
1 T. cream of tartar
1 T. cinnamon
1 T. powdered orrisroot
Perfume or essential oils, if desired

Combine all ingredients and store in a pretty container in the bathroom. Add a few sprinkles of the mixture under the water while filling the bathtub.

SUMMER PERK-UP BATH

1/2 C. lemon juice
1/2 C. lime juice
5 drops lemon extract
1/2 C. baking soda (for hard water only)

Mix and put into a tepid bath.

SWEET ALMOND BATH OIL

4 oz. sweet almond oil
Few vials perfume samples or few drops aromatic essential oils

Mix in a nice jar. Let sit overnight before using.

ULTIMATE BUBBLE BATH

1 C. Soft Soap®
1/2 C. purchased shampoo or dishwashing liquid
2 T. glycerin
Few drops essential oil or your favorite perfume

Combine the ingredients and store the liquid in a pretty container near the tub. Pour 1 to 2 tablespoons under rapidly running water to release bubbles.

VANILLA ROSE BUBBLE BATH GEL

1/4 C. distilled water
2 T. shampoo concentrate (or substitute 1/4 C. unscented shampoo and increase the salt to 1/2 tsp.)
2 T. rose water
1 T. liquid glycerin
1/4 tsp. table salt
10 drops vanilla fragrance oil
4 drops rose fragrance oil

Warm the water and pour into a ceramic bowl. Add the shampoo concentrate and stir with a wire whisk until well blended. Add the rose water, liquid glycerin, salt, and fragrance oils and stir until well mixed. Bottle.

VIOLET BUBBLE BATH

1 qt. warm water
1 bar castile soap, grated
2 oz. coconut oil
1 oz. glycerin
3 drops violet perfume or 2 drops violet floral oil

WILD GARDEN SHOWER SOAP

This shower soap is ideal for everyday use.

1/2 C. distilled water
1/2 C. orange flower water
1 T. dried peppermint leaves
1 T. dried chamomile
1 T. dried rose petals
1 T. orange blossoms
1/2 T. unscented glycerin soap
1 tsp. castor oil

Combine the distilled water and orange flower water in a saucepan and bring to a boil. Remove the pan from the heat and add the dried peppermint, chamomile, rose petals and orange blossoms. Let steep for one hour.

Strain the herbs and flowers from the water and reheat gently. Add the glycerin soap and stir in the castor oil. Let cool to room temperature and bottle.

WITCH HAZEL BATH OIL

(for oily skin)

Small handful whole herbs
1/2 C. witch hazel
1 C. water

Steep herbs in water. When the remaining liquid measures about half a cup, strain. Add witch hazel.