

Tips and Tricks: Body Care During Your Bath

The bath is the place where we clean ourselves, and where many of us relax. It is very important to take proper care of ourselves during baths, as there are plenty of places for harmful ingredients in the water can get in and cause problems with the body. However, one of the best ways to take care of your body while bathing is to use a homemade bubble bath. This can not only help enhance the skin, but it can also create a soothing and uplifting feeling of calm and relaxation that is helpful to the mind as well.

When you create your own bubble bath, you know that you are better caring for your body because you are not using the chemicals that can be found in other bubble baths. Additionally, you know that your concoction is fresh, hasn't sat for who knows how long on some shelf somewhere. And when you create your own bubble bath, you naturally learn about different essential oils and products that can help you better care for your body in and out of the bath.

One of the main ingredients in a homemade bubble bath is an essential oil of some sort. There are many oils that have many different purposes. Additionally, there is no need to add more than a few drops to your bubble bath, as they are rather potent. Be sure to avoid ingesting the oils orally, and avoid marjoram during pregnancy. It is possible to check with the National Association for Holistic Aromatherapy to find out what other oils should be avoided during pregnancy.

Allowing your body to relax is part of taking proper care of the body. Soothing relaxation helps the nervous system and has many other health benefits as well, including stress reduction and the control of stress-related conditions like acid reflux. The bath is a perfect time to do this, and many women bring books with them to better help them relax during bath time. The right essential oils can contribute to this. You can choose a scent that you like best from among oils like lavender, rosewood, sandalwood, chamomile, and myrrh, all considered soothing.

It is also important that your body feel energized at times and uplifted. This contributes to mental health and well being as well. It is very difficult to take proper care of the body when the mind is unhappy. Some of the essential oils that can help you with this care of the body are eucalyptus, spearmint, peppermint, and lemon oil. Additionally, eucalyptus can help your body fight cold symptoms, as it reduces congestion. Many people who create their own bubble baths actually make one for relaxing and one for revitalizing, in order to have what the body needs on hand.

Other oils are especially good at softening the skin. The skin is the largest organ in the body, and taking care of the skin is necessary to the proper care of the body. Almond oil and coconut oil are both excellent skin care choices. Almond oil has almost no smell to it, so it does not conflict with any oil you add for scenting purposes. Coconut oil has a nutty and floral fragrance which can help you feel as though you are in an exotic garden. However, it is possible to find scents that complement the coconut oil and provide other effects. In fact, many homemade bubble bath recipes call for the combination of different oils for better effect.

In addition to oils, there are other ingredients that are necessary to make homemade bubble bath. Many of these are found easily and relatively inexpensively at the store. Distilled water, castille soap, and liquid glycerin are these ingredients. They are necessary to help create the bubbles, add a liquid form to the bubble bath, and to provide a solution for mixing. None of these substances is generally harmful, and they add a great deal to the bubble bath mixture, as they are clean and can be used to clean the body as well as to create bubbles to sit in.

It is easy to improve the care your body gets during a bath when you create your own bubble bath to help you better cope with the general vagaries of life.

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