

How To Create Heavenly Organic Bath Treats

Who said that wonderfully relaxing baths had to be full of chemicals? Homemade bath products guarantee that you know the ingredients your bath products have in them and save you on cost.

Just remember that ingredients should all be organic to keep from inadvertently exposing yourself to unwanted chemical pesticides, fertilizers, and preservatives. Following are four decadent bath recipes you are sure to enjoy!

Relaxing Bubble Bath:

This recipe can be changed to suit your tastes or moods. Here we have used rose essential oil, but other essential oils (or a blend) may be used instead. For example, peppermint oil will invigorate you while the lavender tends to relax - just substitute your preferred oil in place of the rose oil in the recipe. Mix all ingredients and store in an easy pour container (a gallon jug is great). Pour a small amount in running bath water.

Ingredients

8 cups (1/2 gallon) distilled water

8 oz (2 bars) castille soap, grated moisturizer/softener that can be found in health food stores or on the internet)

3/4 cup liquid glycerin (moisturizer/softener that can be found in health food stores or on the internet)

1 1/2 teaspoons rose essential oil (essential oils can be found in health food stores and on the internet, just be sure that they are produced from organically produced base plants)

Super moisturizing Strawberry Delight:

This is a great summertime bath because strawberries are readily available. However, if you can get them in the winter, this bath is an awesome pick me up from the wintertime blues and dry skin. Between the castor oil and fresh cream, this bath is an excellent way to combat dry skin, so substitution of essential oils or frozen strawberries in place of fresh strawberries can be done if strawberries are not available.

Essential oils can be purchased at most health food stores or on the internet, you just want to be sure that they are produced from organically grown base plants. If you choose to substitute essential oils for the strawberries, use the 2nd version of ingredients listed below.

Ingredients (1st version)

1 1/2 tablespoons castor oil

3/4 cup organic cream (heavy)

3/4 cup fresh organic strawberries

3 cups distilled water

Ingredients (2nd version)

1 1/2 tablespoons castor oil

1 1/4 cups organic cream (heavy)

1 teaspoon essential oil of your choice

3 1/2 cups distilled water

For either version, blend ingredients on high until smooth and creamy. Place 1/2 of the mixture in an airtight container and refrigerate (use within 1 week) and use the other 1/2 of the mixture immediately. All you have to do now is pour the creamy mixture into running bath water, stir a bit, and enjoy!

Soothing Lavender Bath:

This is a great bath for any season because of its skin soothing qualities from the baking soda and oat flour ingredients. Both of these are known for helping calm itch, therefore soothing irritated skin. In summer, this means relief from insect bites and allergies, in the winter it means relief from dry, winter skin. This bath is also helpful for soothing chicken pox and measles. This bath is easily used when stored in an airtight cereal container.

Ingredients

1 cup baking soda

1 1/2 cups organic lavender, dried and crushed (found in health food stores or on the internet)

3 cups organic oat flour ((found in health food stores)

Mix ingredients in a large bowl until all ingredients are thoroughly dispersed and store mixture in airtight cereal container. Use 1/2 to 1 cup in bathwater, depending on bathtub size. For added relaxation, add 1 teaspoon lavender essential oil to your bath along with this mixture.

Vanilla Delight Bath Cookies:

These will smell terrific and the ingredients are not harmful, but you will not want to eat them, trust us on this one! Dissolve 2 or 3 of them in your bath water for a delightfully relaxing experience.

Ingredients

1 cup baking soda

1 1/4 cup cornstarch

4 large eggs

4 cups sea salt (finely ground)

1 1/2 teaspoons pure organic vanilla extract

3 tablespoons organic vegetable oil

2 teaspoons organic vitamin E oil

You will be making these like most cookies. Begin by preheating your oven to 350 degrees Fahrenheit. Mix all ingredients, forming a very stiff dough. Roll into 1 inch balls and place on a non-greased cookie sheet about 2 inches apart. Bake until golden brown (about 10 or 12 minutes). Cool completely before removing from cookie sheet. Store your organic bath cookies in Mason Jars (canning jars).

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