



phone: 425.353.4545  
email: [kay@kaywagnerwellness.com](mailto:kay@kaywagnerwellness.com)

## **Soothing Herbal Baths to Melt Away Winter Chills** **by Kay Wagner LMP** **Yoga and Pilates Instructor**

Chilled to the bone? Tired and achy? Hibernate and restore your spirit in peace and glorious warmth with candle light, herbs and mineral salts.

In a just few minutes you can enjoy these inexpensive, delicious and effective bath recipes.

When you buy or mix your own herbal oils, they should smell good to you. To find out if a combination works for you, open two bottles and hold them side by side, smelling them together. Your nose will tell you if the combination works. Be sure to buy pure essential oils, not perfume oils, which are synthetic and not as therapeutic.

Whenever you introduce a new essential oil, start with only two or three drops in the tub to see how your skin tolerates it. The next time you bathe add three to ten drops to your tub, according to your personal taste.

Choose one or two of the following therapeutic oils:

For relaxation: Lavender, rosemary, orange blossom (neroli), ylang-ylang

To lift the spirits: Lemongrass, grapefruit, lemon, tangerine, lavender

To energize: Peppermint, eucalyptus, lime, lemon, grapefruit

For sore muscles and cold symptoms: Eucalyptus, rosemary, sage, peppermint

For toning and slimming; Grapefruit, lemongrass, juniper, sage

Deep forest fragrance: Pine needle, spruce, juniper, rosemary

My favorite blends:

Peppermint and eucalyptus

Orange and grapefruit

Lavender and tangerine

Lavender and rosemary

Rosemary and Pine needle

Rose

Using mineral salts can be as simple as tossing a couple handfuls of Epsom salt, baking soda or sea salt into the tub. Or create your own blend – it makes a wonderful Christmas gift!

**Winter Salvation Bath Salts:**

3 cups each of baking soda, sea salt and Epsom salt. Mix together with 10 drops oil of peppermint and 15 drops eucalyptus oil, as desired. Store in an air tight container. Scoop one or two cups into your bath.

This blend eases sore muscles, nourishes your body with minerals and leaves your skin silky smooth.

**Salt Glow Scrub:**

Place two tablespoons of sea salt in a dish. Mix with enough of your favorite shower gel to make a paste. Use a washcloth to apply in circular motions. Leaves you shining clean and invigorated.

The bath water should be very warm, but not so hot that it saps your energy. Once in the tub, soak and dream pleasant dreams. Cover your chest or knees with a hand towel to keep warm if your tub is small.

Massage your face and neck with honey or moisture mask with light patting and smooth upward strokes.

Drink plenty of filtered water or herbal tea during your luxurious soak.

Follow your spa time with lotion or body oil to which you've added a few drops of your desired essential oils. Massage hands and feet with Vitamin E and protective cream. Then seal in moisture by sleeping in cotton gloves and socks.

Cozy, warm and relaxed, you can fall into bed and have pleasant dreams. 'Tis the season to soak away holiday stress in the comfort of your own home.

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### **Stressed? Headaches? Insomnia?**

**Kay Wagner LMP has a special talent for helping people relax and improve their health. Kay offers "R &R" private sessions, coaching breathing, stretching and relaxation. She is a Licensed Massage Therapist and Certified Yoga and Pilates instructor. Learn to relax and rejuvenate in Kay's studio overlooking the mountains and water at 828 2<sup>nd</sup> St. Mukilteo WA 98275.**

**Call or email today! 425-353-4545 or  
kay@kaywagnerwellness.com**