

Bath Tea Recipes

Relax & Unwind

- 1/2 cup chamomile
- 1/2 cup lavender
- 1/4 cup lemon balm

Skin Soother

- 1/2 cup calendula
- 1/2 cup oatmeal (finely ground)
- 1/4 cup rose petals

Muscle Ease

- 1/2 cup rosemary
- 1/2 cup peppermint
- 1/2 cup Epsom salt



Instructions:

1. Measure & blend: Combine your herbs and optional salts in a clean bowl.
2. Fill the bag: Scoop the blend into a muslin or nut milk bag. Tie securely.
3. Brew your bath: Hang the bag under your faucet as the tub fills, or let it steep in the warm water for 10–15 minutes before you get in. Another way to do this is to let the bag steep in a large bowl of hot water (like regular tea) and then add that tea to your bath. Carefully squeeze the bag to strain some more tea out and use the handle to hang the bag from the faucet.
4. Soak: Spend at least 20 minutes in the bath, letting the herbs and warmth do their work.

Tip: You can also use these blends as a hand or foot soak if you don't have a bathtub.