



Ritual Bath Recipes

Clarity & Focus

For when your mind feels scattered and you need mental sharpness.

You'll need:

- 1 cup Epsom salt (for physical and energetic cleansing)
- 1/2 cup dried rosemary (for mental clarity and focus)
- 1/4 cup dried peppermint (to refresh and stimulate the mind)
- 5–7 drops lemon essential oil (optional, for uplifting energy)

Ritual:

As the bath steeps, take a few deep breaths. Visualize mental fog lifting and your mind becoming clear and focused.

Lucid Dreaming & Intuition

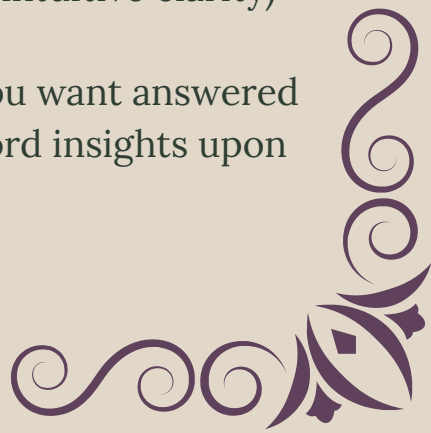
Best before bed to invite vivid dreams and enhance intuitive work.

You'll need:

- 1/2 cup mugwort (traditional herb for dreams and psychic work)
- 1/4 cup lavender (to promote restful sleep)
- 1/4 cup chamomile (for relaxation)
- A few drops clary sage essential oil (optional, for intuitive clarity)

Ritual:

Soak while journaling or meditating on a question you want answered in your dreams. Keep a dream journal nearby to record insights upon waking.





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Self-Love & Heart Opening

For when you need to reconnect with yourself and soften emotional tension.

You'll need:

- 1 cup Epsom salt
- 1/2 cup rose petals (fresh or dried)
- 1/4 cup hibiscus (for a heart-opening boost)
- 5-7 drops rose or geranium essential oil (optional)

Ritual:

Place a mirror nearby or hold one in your hands. As you soak, say out loud one kind thing about yourself for each breath you take.

Grounding & Protection

Perfect after a stressful day or heavy emotional experience.

You'll need:

- 1 cup sea salt (for deep cleansing)
- 1/2 cup cedar or pine needles (for grounding energy)
- 1/4 cup sage or rosemary (for protection)
- A few drops frankincense essential oil (optional)

Ritual:

Imagine roots growing from your body into the earth, drawing strength and stability from deep within.





Ritual Bath Recipes

Creativity & Inspiration


When you want to spark fresh ideas or get out of a creative rut.

You'll need:

- 1/2 cup lemongrass (for inspiration and joy)
- 1/4 cup calendula (for uplifting energy)
- A handful of orange peel (for creativity and vitality)
- A few drops sweet orange essential oil (optional)

Ritual:

Visualize creative energy flowing into you with each breath. Keep a notebook nearby to capture any ideas that come through.





Ritual Bath Recipes

Instructions for All

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.
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