

Herbal Baths

Do you enjoy baths? Baths are relaxing, healing and beneficial to life. There are many benefits to soaking in a warm bath, but an herbal bath has some added benefits. Some herbs just smell good, while others have a healing effect. Some herbal baths work through your skin and others by inhaling the healing aromas. Let the healing begin.

Customers have reported temporary relieve of sinus congestion, better night sleep, decrease of hormonal issues and many more beneficial rewards after Meditating Bath Teas. Try it out and feel the difference!

Instructions: Start your bath water, put the herbal tea bag in the tub and let soak in water for 5-10 mins. Squeeze tea bag gently to release herbs oil. The herbs should not leave the tea bag, as they might clog pipes. If the teabag is open remove from bath immediately. Soak and Enjoy for at least 15 mins. Rest for at least 20 to 30 minutes immediately after your bath.

Ingredients:

- **Calendula Flowers:** to reduce pain and swelling (inflammation)
- **Eucalyptus Oil:** It may act as an expectorant for loosening phlegm and easing congestion.
- **Dandelion flowers-** renew your skin and will drive away the winter blues.
- **Ginger** enhances blood flow to all parts of your body.
- **Jasmine** enhances your mood and refreshes your skin.



- **Lavender Oil** calms your nerves and rejuvenates your skin.
- **Basil**- works as a pain reliever, blood vessel protector.
- **Yarrow**-heals skin wounds and reduces inflammation.
- **Peppermint/ Oil**- stimulates the mind, decongests the respiratory tract.
- **Parsley**- heals bruises
- **Rosemary** promotes relaxation
- **Sage** prevents stiff, sore muscles after a workout.
- **Stinging nettle** promotes circulation and heals aching joints.

A word of caution: A hot bath also lowers your blood pressure, so avoid it if yours is already low; otherwise, it may leave you weak and faint. This may lead to the belief that a hot bath is a remedy for high blood pressure, and this is true—but the effect doesn't last. A cold shower, on the other hand, spikes your blood pressure for a few seconds but lowers it in the long run. If you have heart failure or any kind of heart problem, you should avoid hot baths due to the fluid pressure the water exerts on your chest, which can trigger or escalate heart failure. A warm half bath (where the water rises only to your navel) is a good alternative.

<https://www.prevention.com/health/health-conditions/a20472817/healing-herbs-to-use-in-a-bath/>



Note: Your tea bag is reusable, you may wash with dish soap by hand, set them in an open area to dry.

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