

Patty's Plants

HERBAL RECIPES FOR THE BODY AND SOUL

EASY BATH SALTS

1/4 C borax

1/2 C Epsom salts

1/8 C sea salt crystals

1 T orange peel

2 T rose petals

1 T rosemary

5 drops rosemary oil

3 drops rose oil

Combine all ingredients and store in a glass jar or bottle. Use netting material or muslin bag. Add to bath as desired.

SIMPLE SACHETS

Use old fabric softener sheets as liners for potpourri. Glue three sides together with a hot glue gun. Fill the pouch with your favorite herbs then glue shut. Use a pretty piece of fabric, lace or even a handkerchief. Tie with a ribbon.

Some herbs to use: Lavender, chamomile, rose, rosemary.

BATH BAGS

Use a cloth bag (muslin or terry cloth). Fill it using 1 part either oatmeal or cornmeal with 1 part of the herb of your choice. Then hang it on the faucet while running the bath water. *Oatmeal is softening and soothing to the skin; cornmeal cleans the skin and removes dead skin.*

RELAXING HERBS FOR THE BATH

Chamomile, lavender, lemon verbena, and thyme.

STIMULATING HERBS FOR THE BATH

Lemon balm, marjoram, peppermint, patchouli, and rosemary.

SOOTHING BATH HERBS

Aloe Vera, calendula, rose, sage and tansy

***** Always be sure to test a small area of your skin to make sure that you aren't allergic to the herb you choose. *****

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