

Bath salts, making your own

There is nothing like soaking in a tub (or just soaking your poor, tired feet) with bath salts and our wonderful Be Young essential oils. Sadly, the bath salts have been out of stock for quite awhile as Be Young is working to find a way to package them efficiently and so they'll pass the test of time (you may have been one of those who had them packed in plastic that they ate through or had them in the metal packaging that they corroded). However, we are not without the ability to create our own bath salts!

Some of the benefits of soaking in bath salts include:

- Detoxify your body
- Relax (both emotionally and physically)
- Rehydrate
- Heal

Remember, always add your essential oils to the salts BEFORE you put them in the water, otherwise your essential oils just float on the top of your water. Also remember to always rinse off after your soak (a soak is generally 20 minutes long) to wash all toxins off the surface of your skin. Soaks are an incredible tool for drawing toxins out of the body and we don't want them to be reabsorbed.

The most common salt for creating your own bath salts is Epsom salts™. These are readily available at your local grocery store. You can also buy some different salts that may contain minerals or something that fizzes, or you may prefer a kosher salt. Any of these work, you just don't want regular old table salt (they put things in there that you don't want in your body, but that's a topic for another article).

You'll also want an airtight container for your bath salts, if you're mixing some ahead of time. If you're just mixing up enough for tonight you don't need a container. These make great gifts, though, and sometimes when you want a soak you're tired and you don't want to go hunting down everything you need to make tonight's bath salts. The best thing I have found for my bath salts is a canning jar with lid. A glass jar works best. You can also put them in those little white jars with screw on lids that you get your Shea or cocoa butter in. These are made of plastic, but as long as you don't get them in too large a size or re-use them very often, they'll work great and the oils won't start to eat their way out. (Holiday hint, get three different sizes of these jars, fill with bath salts of varying types, or put bath salts in one, a small candle in another, and maybe some chocolates in the last one and stack them like a snowman, then decorate to look like a snowman and you have a lovely gift!) We have some jars on our website for you to choose from for storing your bath salts.

Okay, now you've got the basics, let's look at some recipes!

For your basic bath you'll want approximately ¼ cup to ½ cup of salt with essential oil added to it. Some people like to do part Epsom salts™ and part sea salt.

Optional additions:

- 1 Tablespoon powdered milk (makes the skin silky soft and is great for those dry winter skin months).
- 1 Tablespoon of Baking Soda (helps alleviate dry skin and itching, make sure you get the kind without aluminum in it).
- Redmond's Clay is a great tool to super-charge your bath for drawing toxins out of your body, just add 1 teaspoon to your blend and you're ready to go.
- Finely ground regular (not quick cook) oats, this is great for the skin. Again, about 1 Tablespoon is good.

To your salt you'll add one of the following recipes of essential oils (or just cheat and add a blend). Depending upon the oil you'll want between 5-10 drops of essential oil per 2 Tablespoons of salt (or one soak).

Note: these recipes are taken from the Back to School essential oil training call with Dana Clay Young on 8-26-09.

Aggression:

3 drops Chamomile
3 drops Marjoram
2 drops Juniper Berry
2 drops Geranium

Anger:

3 drops Chamomile, German
3 drops Geranium
2 drops Marjoram

Disappointment:

4 drops Lavender
2 drops Rose

Fear:

3 drops Fennel
3 drops Sandalwood
2 drops Cedarwood
1 drop Thyme

Grief:

4 drops Chamomile, Roman
3 drops Bergamot

Hysteria: (Quiet Scent is a great blend for this)

4 drops Chamomile, Roman
4 drops Lavender
2 drops Orange
1 drop Tea Tree

Indecision:

4 drops Clary Sage
3 drops Cypress
1 drop Peppermint

Loneliness:

8 drops Marjoram
2 drops Frankincense

Memory or Brain Tonic (you could just use the Brain Gem blend or):

3 drops Rosemary
2 drops Clary Sage
2 drops Coriander
1 drop Fennel
1 drop Basil

Mental or emotional fatigue (note: this is an energizing soak, you may not want to do it just before going to bed):

3 drops Rosemary
2 drops Basil
1 drop Juniper Berry
1 drop Peppermint

Nervousness:

4 drops Chamomile, Roman
3 drops Clary Sage
2 drops Orange
1 drop Eye Vision Blend

Night Time Tonic (to help you sleep):

3 drops Chamomile, German
2 drops Thyme
1 drop Eye Vision Blend
1 drop Cedarwood
1 drop Orange

To order, for class information, or if you have questions contact:

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