

# Get Back to Bliss



Taking some time everyday to de-stress and re-charge is vital to maintaining good health. A quick 15 minute aromatherapy bath is nearly as beneficial as a full body massage. Bathing increases blood flow and vital circulation while it warms and loosens tight, knotted muscles. Try this great aromatherapy recipe from Aura Cacia® and return to bliss.



## Relaxing Lavender Spa Bath

- 1 tablespoon sea salt
- 1 tablespoon Epsom salt
- 1 tablespoon baking soda
- 27 drops lavender essential oil

Blend ingredients and dissolve in hot bath.

For an extra-special skin-nourishing bath, toss in a handful of fresh rose petals, a cup of whole milk and a tablespoon of ground oatmeal.

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