

# Get Back to Bliss

Aura Cacia®



*pure aromatherapy*

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.

Visit [www.auracacia.com](http://www.auracacia.com) for more great aromatherapy recipes.

## 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.

