

# Serenity Bath Support



Experience the proprietary blend of *Serenity Bath Support* in your next restorative bath or foot bath. Concentrated yet gentle and effective, merely using a modest amount greatly support getting the most detoxifying and purifying benefits out of your bath. Use as a stand-alone bath treatment or augment your bath experience, in conjunction with your favorite bath supplements. Traveling? Whether your get away is for business or pleasure carry *Serenity Bath Support* in your travels to sustain your well-being.

*\*Serenity Bath Support* is a proprietary blend of salts comprised of 21 beneficial minerals and selenite crystals. It is all natural and without any scent. For more information contact: Vibrance at [www.YourVibrantHealth.me](http://www.YourVibrantHealth.me)

**First! Bath Safety!** While the following bath blends can be very relaxing and may offer therapeutic experiences please be conscious of any adverse reactions or skin sensitivities, you may have i.e. citrus fruit oils, nuts, etc.

As you read the bath recipes that follow, it is important to remember one simple rule – Essential oils are not water-soluble and do not evaporate! Resulting in a film of undiluted essential oils sitting on top of the bath water. The good news is these floating oils coat your skin as you get out of the bath. The movement of bath water disperses the oils and can soak into the skin. These bath recipes are meant for adults 21 or older.

## Be safe!

When you drain the bath water most likely there will be a residue of oil on the tub's surface. Because of the slippery nature be attentive and careful:

- Getting in and out of the tub.
- While soaking and bathing.
- Cleaning the tub.
- When using any oils always clean the tub with lots of warm sudsy water after each use.

## Let's start!



Why not make this time a super blissful experience! Those cut flowers in the vase, take a couple and pluck its pedals right into your bath, light a few candles/incense, put on some tunes, etc. Lying in a warm bath relaxes your whole system. Remember to prepare for your moments after your bath, ahead of time. Have your DVD set up, pajamas/outfit laid out, spray lavender on your bed pillows/sheets for your return, have your treats/snack/drinks made, all for you to continue your experience blissfully and effortlessly.

Consider dry brushing all over your body before getting into your therapeutic bath. It's important to always brush in the direction of your heart to boost circulation. Dry brushing helps get rid of any dead skin cells, unclog pores as it exfoliate, helps to detoxify by increasing blood circulation that promotes lymphatic flow and drainage.

If you're a fan of spa-like baths, but find the added artificial fragrance and color is just too much for your health, skin, or senses, the following bath recipes could be a great healthy and inexpensive alternative.

## Herb Plus Bath Bag



Herbal Baths are very quick and easy to prepare and transform bath time into a luxuriously aromatic event. To prevent ingredients clogging up your drain make some simple muslin or hemp bags with drawstring tops, so that they can filled with the herbs of your choice and tied over the taps to let the hot water run through them. Reuse and refill. After use, compost ingredients.

The following medicinal herbs and ingredients have soothing fragrances.

Add one teaspoon *\*Serenity Bath Support* in the muslin bag. Use one ingredient, make up a combination or use your favorites.



Lavender	Chamomile	Mint	Rose	Verbena	Yarrow
Rosemary	Pine	Hyssop	Thyme	Basil	Balm
	Valerian		Jasmine		

Choice of grated Orange Peel/Lime Peel/Grapefruit Peel/Lemon Peel/Ginger Root

## Vinegar Baths



- 1 Ounce of dried herbs or one and an half handfuls of fresh herb (loosely chopped)
- 2 Pints of cider vinegar
- 1 Teaspoon *\*Serenity Bath Support*

A combination of herbs and vinegar makes a stimulation bath additive that is excellent for *maintaining the acid balance of the skin*. Put herbs in a large wide-topped glass jar. Add cider vinegar. Seal the jar tightly and shake it well. Keep it for two weeks, shaking every day. Rub a little on your wrist to see how herby it smells. Add more

herbs if necessary and continue to let soak. When the herb vinegar is ready, strain out the herbs, add *\*Serenity Bath Support* shake well. Keep the jar by the bath. Shake before use. Add a cupful to the bath water.

## Helpful Hints

**Aching Muscles:** Eucalyptus, peppermint, ginger, clove, evening primrose, lavender, tea tree, rosemary.

**Antimicrobial:** tea tree, orange oils, citronella, patchouli, geranium, lemongrass, peppermint, and eucalyptus.

**Sodium Bicarbonate (Baking Soda):** Relieves the itching, promotes perspiration, skin softener.

## Easy Breezy Bath

- 1 Teaspoon *\*Serenity Bath Support*
- 2 cups baking soda
- ½ Cup Epsom salt
- 10 drops essential oil

Mix the *\*Serenity Bath Support*, baking soda and Epsom salt together in a bowl and add the essential oils. Put in glass jar. Add 1 cup to a warm bath and soak for 20-30 minutes.

## **Grapefruit and Rose Bath**

1 Teaspoon *\*Serenity Bath Support*  
¾ Cups of rose water  
10 drops of grapefruit essential oil

Add all ingredients to a warm bath and soak for 20-30 minutes.

## **Bright Bath**

1 Teaspoon *\*Serenity Bath Support*  
Grate 2 inches fresh ginger root  
Half lemon or lime  
2 cups of water  
6 drops of peppermint essential oil

Put *\*Serenity Bath Support*, ginger root, lemon/lime and water into blender. Blend 45 seconds

Add peppermint oil. Blend 5 seconds. Pour immediately into warm bath and soak for 20-30 minutes.

## **Nut milk and Honey Bath:** Makes 1 large bottle: Keep chilled

1 Teaspoon *\*Serenity Bath Support*  
2 eggs  
6 Tablespoons olive oil  
6 Tablespoons sunflower oil  
1 Tablespoon honey  
3 Teaspoons Organic liquid unscented bath soap/gel  
8 Tablespoons of nut milk  
3 Tablespoons vodka  
6 drops Essential Oil

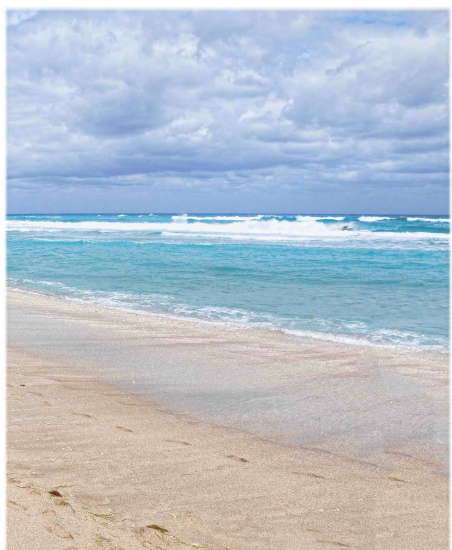
Beat the eggs and oils together, and then beat in the honey. Continue beating while you add the liquid bath soap, nut milk and vodka. Pour into a glass bottle. Add *\*Serenity Bath Support* and shake vigorously. Keep chilled until ready to use. Shake well prior to use. Pour into warm bath and soak for 20-30 minutes.

## **Green Milk Bath**

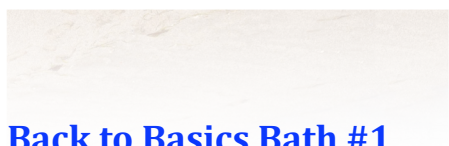
A handful of chopped dark green vegetable leaves. (one or any combination of kale, spinach, chard, dandelion greens, rapini, romaine lettuce etc.)

1 Pint of nut milk  
1 Teaspoon *\*Serenity Bath Support*

Cover leaves with the nut milk and simmer on the stove for an half hour, covered. Keep covered and allow to cool, then strain. Pour liquid in a glass jar. Add *\*Serenity Bath Support* and shake well. Pour into warm bath and soak for 20-30 minutes.



## Vegan and Unscented Baths



### Back to Basics Bath #1

1 Teaspoon *\*Serenity Bath Support*  
1 Cup of bicarbonate of soda  
½ Cup Epsom salt

Mix all ingredients together. Pour into warm bath and soak for 20-30 minutes.

### Back to Basics Bath #2

1 Teaspoon *\*Serenity Bath Support*  
½ Cup Epsom salt  
½ Cup witch hazel

Mix all ingredients together. Pour into warm bath and soak for 20-30 minutes.

### **Oat Milk Bath**

- 1 Cup of rolled oats
- 5 cups of water
- 1 Teaspoon *\*Serenity Bath Support*
- 1 teaspoon of vegetable glycerin

Soak oats in water overnight. Drain. Put oat water in glass jar. Add *\*Serenity Bath Support*, glycerin and shake well. Pour into warm bath and soak for 20-30 minutes. Use oats in your smoothie.

### **Rice Milk Bath**

- 1 cup of rice
- 5 cups of water
- 1 Teaspoon *\*Serenity Bath Support*

Soak rice in water overnight. Drain. Put rice water in glass jar. Add *\*Serenity Bath Support* and shake well. Pour into warm bath and soak for 20-30 minutes. Cook the rice.

### **Beet Bliss Glow Bath**

- 1 Teaspoon *\*Serenity Bath Support*
- ¼ medium size beet
- 2 Cups of water

Put *\*Serenity Bath Support*, beet and water into a blender. Blend 45 seconds. Pour into glass jar. Add ½ cup of rose water. Shake vigorously. Pour into warm bath and soak for 20-30 minutes.

### **Skin Freshener and Softener**

- 1 Teaspoon *\*Serenity Bath Support*
- ½ Cup witch hazel
- 1 Cup of sodium bicarbonate

Pour all ingredients directly into warm bath and soak for 20-30 minutes.