

Spiced Chai

3 drops of Cardamom
2 drops of Cinnamon
2 drops of Clove
1 drop of Ginger

Snickerdoodle

5 drops of Stress
Away
3 drops of Cinnamon
1 drop of Nutmeg

Autumn In the Air

5 drops of Christmas
Spirit
2 drops of Clove
2 drops of Lemon



Herbal Bath Teas

Renew & Rehydrate

For those times you just want to soak in the tub and relax, add some bath tea. The aroma and beauty of the add-ins will make you feel like you went to a luxurious spa.

You will need

A bowl	Muslin Cloth Bag
A Mason Jar	Paper for Labels
Measuring Cups	Twine

For the Mixture

- 1/3 cup of Dead Sea Salt
- 1/3 cup of Epsom Salt
- ½ cup of dried lavender
- ½ cup of dried rose hips, crushed
- 5-10 drops of lavender/rose essential oils

To Make & Use

Gently mix all ingredients and scoop into the Mason jar. Label your jar with the ingredients and name. This mix will last for up to 6 months. Once ready to use, pour some of the mix into the muslin bag and leave in bath until you are ready to get out!

Recipe courtesy of Willow and Sage Winter 2017



Body Scrub

Spiced Apple Cider Sugar Scrub

If you want to add a little Fall feel to your beauty routine, try this amazing aromatic body scrub that gives you the warm embrace of Spiced Apple Cider. The aroma and feel will leave your skin rehydrated and smooth.



What I like about this scrub is the fact that you can use it for your self, give it as a gift to celebrate the season, or put it in your guest bathroom to accommodate guest who are visiting for the holidays.

Supplies

- Small Mason Jar with Lid
- Spoon for mixing
- Ribbon for decorative purpose
- Label for lid or jar

Ingredients

- 1 cup of Brown Sugar
- ½ cup of Organic Coconut Oil
- ½ tsp. of Cinnamon
- ¼ tsp. of Pumpkin Pie Spice
- 10-15 drops of Apple Cider Fragrance Oil
- 3 drops of Orange Essential Oil

To Make

Mix all ingredients together and scoop into Mason jar. Add labels and ribbon.

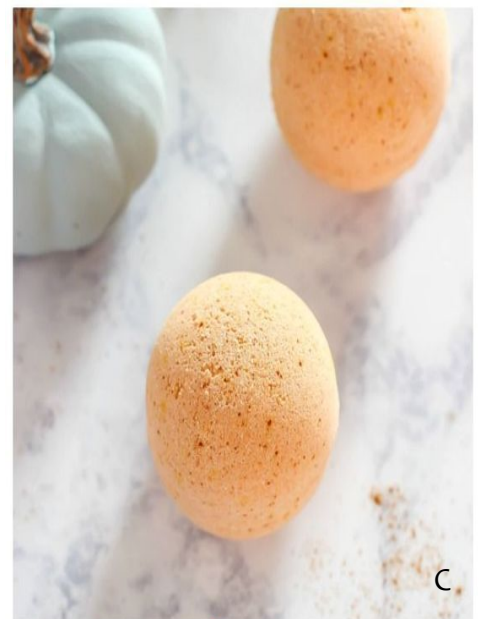
*Use a 50/50 blend of Sugar in the Raw with Brown Sugar for more coarse scrub.

To Use

Use ample amount of scrub to gently exfoliate skin and relax. Use a body butter after for moisture and soft skin.

Autumn Bath Bombs

Bath bombs can be fun to make, especially for a girlfriends night or making fizz bombs with your kids. Any of the recipes can be altered for more beneficial effects and you can make them in fun shapes and colors. You can even find fun ways to display them or wrap them up for gifts. Below are just 3 examples of way to bring holiday cheer to your home spa experience.



A. Midas Touch

Nothing says luxurious like bath bombs made in gold! Even if you don't use them they still make a great statement in the bathroom. For how to make these beauties, visit SoapQueen.com or click [here](#).

How to use

To use, simply submerge bath bombs in the bath and enjoy!

B. Gingerbread

I love ginger snaps in Fall and Winter so these cookie cutter gingerbread men bath bombs are perfect for little giveaways. For details on how to make them, visit [The Pistachio Project](#) here.

C. Pumpkin Spice

Fall can be so overwhelming with Pumpkin flavors but take a break from tasting and try smelling and feeling with these Pumpkin Spice Bombs found at the [Casual Craftlete](#) here.

Flower Baths

Add flowers, Epsom salt, and powdered milk to create a spa look and provide your body with natural healing.



Peonies and Green Protein

This is a beautiful flower bath with so many healing properties. To find out to recreate it, check out this article by Molly Guy found [here](#).



Eucalyptus and Sliced Acidity

Fruit Slices and Eucalyptus leave are a great alternative to creating the same type of spa feel as flowers. Inspiration for this photo found [here](#).



Gerberas and Daisies

Another Beautiful example of how adding your favorite flowers to your bath can give you a spa feel. Inspiration for this photo found [here](#).



Epsom Salt

Epsom Salt has great healing properties for the body and can help relieve sore muscles.

Photo found [here](#).



Powdered Milk

Powdered Milk is a great additive for a bath. It helps soothe dry skin and get rid of dead skin cells.

Photo found [here](#).



Quartz and Crystals

Some people like to add quartz or crystals as a way to cleanse the water and body. Also to add more beauty!

Photo found [here](#).