

# Bath Oil Guide & Recipes

**Step 1.** Fill 2 oz dropper bottle with carrier oil (sweet almond oil or jojoba oil), leaving a little space at top (takes about 1/4 cup to fill).

**Step 2.** Add essential oils to bottle, total of 24 drops (2% dilution level using a 2 oz recipe). See recipes below for ideas or choose from essential oil list above. For kids and pregnant women, use 12 drops of essential oils (1% dilution level using a 2 oz recipe). Also be sure to verify that the oils you are using in your bath oil are safe for kids or pregnancy.

**Step 3.** Place cap on and shake well to blend together. Label bottle with contents and date made. To use, add approximately 1 tablespoon of bath oil into bath water after it is done filling. Swirl oil into water with hand and get into bath immediately. Lay back and relax. Take caution when entering and exiting bath as tub may be slippery from oils. You can also use these bath oils as body oil, just massage into skin.

**Essential Oils For Bath Oil:** Lavender (*Lavandula angustifolia*), Geranium (*Pelargonium graveolens*), Rosemary (*Rosmarinus officinalis*), Tea tree oil (*Melaleuca alternifolia*), Orange (*Citrus sinensis*), Lemon (*Citrus limon*), Clary sage (*Salvia sclarea*), Lemongrass (*Cymbopogon citratus*), Cedarwood (*Juniperus virginiana*), Patchouli (*Pogostemon cablin*), Sandalwood (*Santalum album*), Chamomile (*Anthemis nobilis*), Frankincense (*Boswellia carterii*), Myrrh (*Commiphora myrrha*)

## #1 Relaxing Bath Oil

1/4 cup sweet almond oil  
10 drops Lavender (*Lavandula angustifolia*)  
8 drops Chamomile (*Anthemis nobilis*)  
6 drops Sandalwood (*Santalum album*)  
2 oz dropper bottle

## #2 Herbal Bath Oil

1/4 cup jojoba oil  
12 drops Rosemary (*Rosmarinus officinalis*)  
8 drops Lemon (*Citrus limon*)  
4 drops Clary Sage (*Salvia sclarea*)  
2 oz dropper bottle

## #3 Cleansing Bath Oil

1/4 cup jojoba oil  
8 drops Tea tree oil (*Melaleuca alternifolia*)  
8 drops Lavender (*Lavandula angustifolia*)  
8 drops Orange (*Citrus sinensis*)  
2 oz dropper bottle

## #4 Kindle the Spirit Bath Oil

1/4 cup jojoba oil  
8 drops Lemon (*Citrus limon*)  
8 drops Lavender (*Lavandula angustifolia*)  
8 drops Patchouli (*Pogostemon cablin*)  
2 oz dropper bottle

## #5 Dream Time Bath Oil

1/4 cup sweet almond oil  
10 drops Lavender (*Lavandula angustifolia*)  
10 drops Orange (*Citrus sinensis*)  
4 drops Cedarwood (*Juniperus virginiana*)  
2 oz dropper bottle

## #6 Skin Nourishing Bath Oil

1/4 cup sweet almond oil  
12 drops Lavender (*Lavandula angustifolia*)  
6 drops Geranium (*Pelargonium graveolens*)  
6 drops Lemongrass (*Cymbopogon citratus*)  
2 oz dropper bottle

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