



Aromatic Balneotherapy

A Bath is a Relaxing Way To...

Increase oxygen flow to your blood and cells

Stimulate the detoxifying organs

Bring phytochemicals & minerals to the body

Soften skin to aid in exfoliation

Encourage a state of...

- Sleep/relaxation
- Invigoration/expansiveness
- Health & Wellbeing

Why Are Baths Beneficial?

Isothermal

- A constant temperature does not stress out the body.

Full body immersion

- When the body is immersed in water for an extended period of time (i.e., 15 minutes) the body increases the excretion of water, salt and urea.

Hydrostatic pressure

- The pressure you feel underwater which promotes circulation (e.g., on the arteries), which increases oxygen flow through the body!

Buoyancy

- Enables an easy lying position and float. It also causes mechanical/bodily relaxation (i.e., the feeling of weightlessness).

The Perfect Bath

Full Body Immersion

100 -110 F

15-20 Minutes

Aromatics

1-3 c Mg
Chloride/Sulfate*

1-3 c Dead Sea
Salt*

Glass of room
temperature
water

**Don't "skimp"! The goal is to bring float AND minerals to the body!*

Caution!

If the bath is TOO hot, it critically raises the bodies internal temperature and may lead to artificial fever and heat exhaustion, making your heart work harder than needed to attempt cooling the bodies core temperature.

Stay hydrated! Sip on a glass of room-temperature water as you are drawing the bath, during the bath and *definitely* after. You should find yourself going to the bathroom after a bath and will need to replenish your body with water after it “detoxed” (i.e., through sweat and urine).

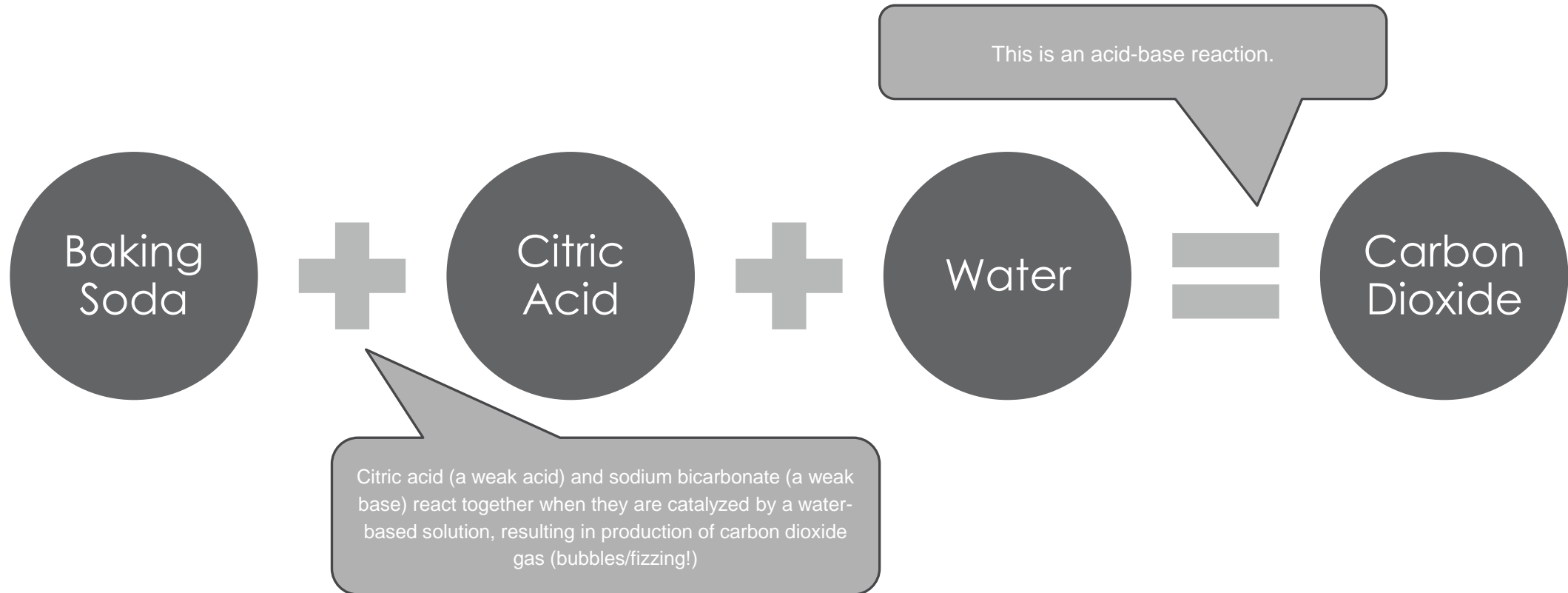
Why use aromatic fizzing therapy?

Essential oils are **lipophilic** by nature (not readily soluble in water); some may be dermal irritants and mucus membrane irritants. This delivery method is an excellent way to safely disperse EOs in the bath.

For safety purposes it is best to **solubilize** EOs in fatty/lipid substances like jojoba oil, Turkey Red* Oil, hydrous Lanolin and/or powdered milk (note in the recipe how powdered coconut milk is an option).

**Updated 3/3/2023: See Appendix for a note on Turkey Red oil*

Fizzing Bath Science



Ingredients & Equipment for Fizzies

Equipment needed:

- Scale
- Graduated cylinder or beaker
- Mixing bowls (glass, enamel or stainless steel)
- Molds of your choice (*think outside the sphere!!!*)
- Mixing & measuring spoons
- Parchment or wax paper
- An airtight, glass, container for storage

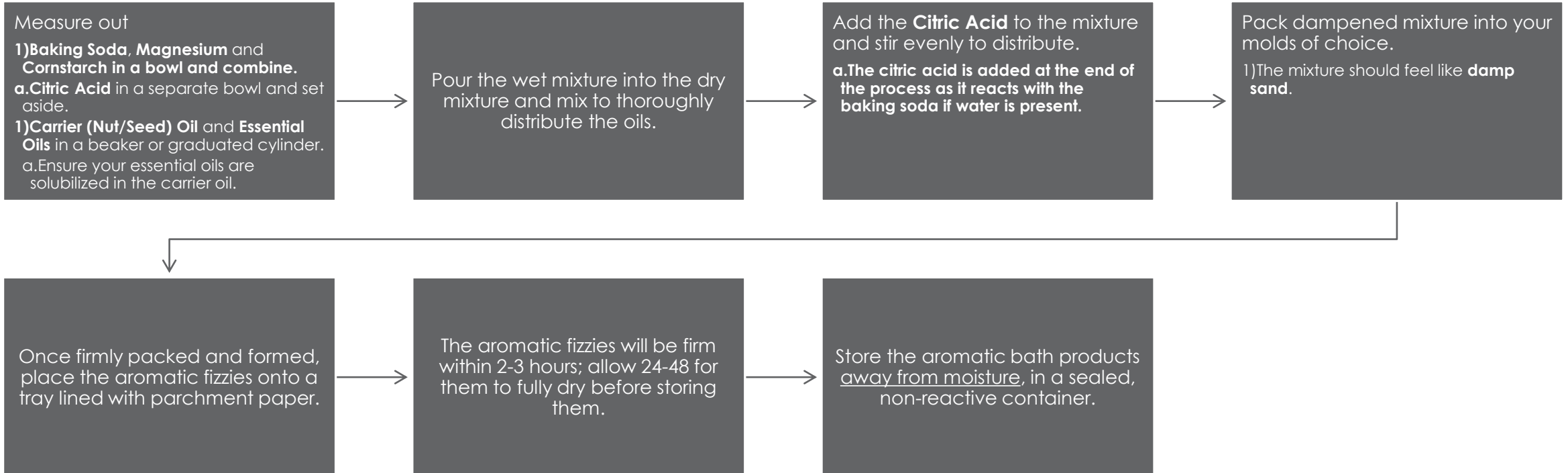
Ingredients Needed**:

- 2 ounces **Citric Acid** (substitute: cream of tartar)
- 4 ounces **Baking Soda** (Sodium bicarbonate)
- ½ ounce **salts** (Magnesium sulfate)
- ½ ounce **bulking agent** such as Cornstarch, Arrowroot powder, Milk powder, Coconut Milk powder
- 20-25 ml **Nut/Seed oil** such as Jojoba or Sunflower
- 1-2 ml (20 to 40 drops MAX) of **Essential oils** (SEE APPENDIX)

****Ratio guidelines:** 2 parts Sodium Bicarbonate: 1 part Citric Acid: (Optional: 0.5 part Starch: 0.5 part Salts)

Dry ingredients should be 90-98% of the product whereas wet ingredients should be 2-10%.

Making Bath Fizzies



Essential Oils

RECOMMENDED VOLATILE OILS FOR THE BATH

Essential Oils & the Bath

Less is more with Essential Oils

- More drops may be irritating, sensitizing and have the opposite effect of the intention!

Oil & Water Don't Mix!

- Always put your EOs into a fat/lipid FIRST and then stir the mixture around in the bath water as you go into the bath.

3-5 drops of essential oils per bath is enough!

Consider diffusing essential oils during a bath instead of putting them in the bath!

- Swap out the essential oils in favor of putting hydrosols (e.g., rose water) into the bath or even into an ultrasonic diffuser

Essential oils per "Fizzy"

- I did, indeed, end up making 8 squares using the silicone mold.
- 40 TOTAL drops of essential oils were put into the mix.
- With 8 squares made, that gives us approximately **5 drops of essential oils per square.**

Calming Essential Oils

Essential Oil	Therapeutic properties	Key words
Ylang ylang Complete <i>(Cananga odorata)</i>	<ul style="list-style-type: none"> • Anti-anxiety/ Anti-depressant/ Anti-septic/ Aphrodisiac/ Hypotensive/ Nervine/ Sedative • Great for harmonizing & relaxing the mind. 	Sedative Sensual Calming Regulating
Mandarin (Red) <i>(Citrus reticulata)</i>	<ul style="list-style-type: none"> • Anti-depressive/ antiseptic/ antispasmodic/ cholagogue/ digestive/ nervine/ sedative • <i>(One of the safest EOs to use on anyone, even during pregnancy, after the 1st trimester.)</i> • Improves circulation, promotes fluid elimination and is like a cheerful hug. 	Calming yet Uplifting
Palmarosa <i>(Cymbopogon martinii)</i>	<ul style="list-style-type: none"> • Antibacterial/ anti-depressive/ antifungal/ anti-microbe/ antioxidant/ antiviral/ cellular regenerator/insecticide/ neurotonic/ sedative/ vulnerary • Overall great for skin! 	Sleepy-time Sensual Skin-loving
Lavender <i>(Lavandula angustifolia)</i>	<ul style="list-style-type: none"> • Analgesic/ Anti-anxiety/ Anti-bacterial/ Anti-depressant/ Anti-inflammatory/ Anti-microbial/ Anti-spasmodic/ Anti-viral, Calming/ Hypotensive/ Sedative/ Vulnerary • All-purpose oil! 	Calming Sedative Pain relieving Wound healing

Invigorating Essential Oils

Essential Oil	Therapeutic properties	Key words	Caution
Peppermint (<i>Mentha x piperita</i>)	<ul style="list-style-type: none"> Analgesic/ antispasmodic/ decongestant/ expectorant/ febrifuge/ stimulant/ stomachic/ sudorific Refreshing, stimulating, clearing and pain relieving. 	Invigorating Analgesic	Non-toxic and non-irritating, may be sensitizing (skin & mucus membranes) due to menthol content.
Scots Pine (<i>Pinus sylvestris</i>)	<ul style="list-style-type: none"> Analgesic/ antibacterial/ antifungal/ antimicrobial/ antiseptic/ decongestant/ neurotonic Stimulating (immune & mind), affinity with respiratory tract, sore muscles and circulation. 	Refreshing Energizing Breathing space Great for the adrenals	GRAS (Generally regarded as Safe)
Rosemary (<i>Rosmarinus officinalis</i> , aka <i>Salvia rosmarinus</i>)	<ul style="list-style-type: none"> Anti-catarrhal, anti-rheumatic, antiviral, cell regenerative, endocrine regulator, expectorant, mucolytic, vulnerary Skin regenerating & affinity for the respiratory tract (including mucolytic and expectorating). 	Stimulating/Energizes the mind Clearing	Non-toxic, non-irritant and non-sensitizing when diluted appropriately. Use with caution in cases of high blood pressure.
Ginger (<i>Zingiber officinale</i>)	<ul style="list-style-type: none"> Analgesic/ antispasmodic/ aphrodisiac/ expectorant/ febrifuge/ rubefacient/ stimulant/ sudorific Pain relieving and warming with a strong affinity for the digestive tract. 	Stimulating Sensual Analgesic	Possible irritant for those with sensitive skin.

“Dispersing Bath Oil”

It is considered a must to “solubilize” oil-loving essential oils before adding them to a bath. Why? This avoids concentrated, undiluted drops of EOs from coming in-contact with skin that is made more permeable by warm-hot water.

Have you ever felt undiluted EO of Peppermint or Lemongrass on sensitive skin? Yikes!

What’s a person to do? Solubilize in a vegetable/nut/seed oil. But that can be too rich and greasy for some people. An option I was reminded of while revisiting a classic Aromatherapy book* is creating a bath oil with **Sulfated castor oil** (aka “Turkey Red” oil) as the base. According to From Nature with Love’s website, “castor oil is exposed to sulfuric acid. This specialized process produces an oil that is miscible in water”, while “holding” (loose bonds/in suspension) essential oil components.

Usage Directions: Combine 30 drops of your EO/blend with 2 ounces of Turkey Red oil. Add 5 droppers worth of the final product (~5 ml/1 tsp) per bath. (3 drops of EO per bath. You could 1-2 more mls per bath if desired)

Slide added 3/1/2022

***Source: “Aromatherapy A Complete Guide to the Healing Art” by Kathi Keville & Mindy Green. 2nd edition.**