



The Benefits of Soaking in the Bath

I think most people enjoy a good bath, but did you know there were health benefits to a good bath soaking? The warm water in combination with essential oils and flower petals create a healing oasis for not only your body, but your mind and spirit as well. Oils are excellent for clearing and cleansing the body, healing and beautifying the skin, easing tension, stress and depression. Taking a bath before bed time will increase your body temperature, so when you get out of the tub and you are shivering, your brain says, “whoa! Time to warm up and get some sleep!” Then it releases melatonin, which is a natural way to induce a good night’s rest. A bath is a wonderful way to ease sore muscles and aches, as well as detox the body when you have a cold or congestion. Don’t forget the benefits of soothing your skin during dry winter months and the relief you will find waiting in the warm water for your itchy scaly skin caused by psoriasis, skin rashes and eczema.

There are several ways to use soaking in a tub as a healing modality! Check out our online store to see what products are available for you today! Contact our practitioner via email on the Contact Us page for questions about your skin health and general body care.