

Lavender Bath Salts

After a long day, a nice soak is the ticket to a relaxing experience and a good night's sleep. Adding bath salts can enhance the experience significantly. Whether you have sore feet, or a stiff back, bath salts can improve the way you feel and relieve stress. Bath salts come in a variety of soothing fragrances, the most sought after being lavender, and rightly so! Of all the herbs known today, lavender is best known for its beauty and resourcefulness. Originally found in the Mediterranean region, lavender was first used for its healing qualities by the Romans. Endowed with a hypnotic smell, lavender has been used in perfumes and soaps since the 18th century. Some believe that lavender induces the power of Mercury for spiritual development, and psychic growth. Today, this perennial herb is known for its perfumes, medicinal qualities, and essential oils. This fragrant shrub has long, bluish-green branches, and blooms with beautiful purple buds. Lavender oil is among the most famous oils used for therapeutic purposes. It can be used as a painkiller and an antiseptic. In addition, lavender also has a sedative, calming effect. Mixed with bath salts, a lavender bath can prove to be a unique experience. It provides all the benefits of a luxurious soothing bath, along with the benefits associated with aromatherapy. To make your own lavender bath salts, mix lavender essential oils with calendula oil and bath salts. The hypnotic scent combined with a warm bath will leave you feeling fresh and relaxed, perfect for reviving the body and spirit. A healthy dose of olive oil will moisturize the skin, leaving it supple and soft. An attractive glass canister filled with vibrant hues of lavender salts, and attractive beads, crystals, and sea shells, make a beautiful addition to any bath suite.

About the Author

It predicts many of the well known geometric optical illusions, illusions of. Some of the more famous theories on geometric optical illusions.

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