

# *Sugar Beet* FOOD CO-OP

## SOOTHING CHAMOMILE AND LAVENDER KAOLIN CLAY BATH BLEND

### Ingredients:

2 Parts Kaolin Clay

1 Part Rolled Oats

1 Part Lavender flowers

1 Part Chamomile flowers

5-10 Drops Chamomile Essential Oil

**To Make:** (In a food processor or blender)

Add dry ingredients and blend till a fine powder.

Pour powder into bowl,

Add essential oils and stir ingredients.

Once mixed pour bath blend into jar.

To Enjoy: Scoop 4 to 5 Tablespoons of Soothing Bath Blend into bath water, stir water and get in!

Recommended Storage: A glass container/cool & dry place



# Herbs and Essential Oils

**Kaolin clay** (Also known as White Clay): A Versatile clay for the caring, nourishing, and soothing of many skin types. The clay contains high content of silica that helps in removing the dead skin and help it to regenerate. This also purifies and detoxes the skin and makes it moist. In addition, it has unique minerals and phytonutrients present, which helps in eliminating toxin and oil from the skin.

**Oats** (*Avena Sativa*): Rich in silica, calcium, chromium and magnesium it is a very soothing plant for the body internally and externally. Oats are very mucilaginous and help to coat our skin with a protective barrier, traditionally used to sooth itchy and irritated skin.

**Lavender** (*Lavandula spp.*): Popular for its soothing, relaxing and tension releasing properties.

**Chamomile Flower & Essential Oil** (*Matricaria recutita*): The flower is used for its anti-inflammatory properties and soothing properties for the body inside and out. The essential oil is used to sooth sore and achy muscles

((Information sourced from Mountain Rose Herbs, Herbalist Susan Weed & Rosemary Gladstar's book: Herbal Recipes for Vibrant Health) For educational purpose only. These statements have not been approved by the FDA. Information here is not intended to diagnose, treat, cure, or prevent disease.)