MEDITATIVE BATHS

Later in this chapter, I will introduce the concept of setting intentions with healing baths (page 82). A meditative bath is the perfect place for this. While the other sections in this book are more focused on healing specific mental, emotional, or physical ailments, this section is more inspirational and intuitive, with blends designed to take you to a calm state where you can let go of your thoughts and be in the moment.

Practicing meditation every day can make you feel more grounded and happier overall. These meditative baths aren't meant to replace your everyday meditation practice if you have one, but they are a delightful addition to it.

These recipes are a guide for grouping scents in a manner that stimulates your creativity. They might remind you of something you'd like to focus on in your meditation. Either way, this is your chance to be inspired; use your intuition as to which scents speak to you and connect to your intention.

How to Set an Intention for Your Bath

If you're familiar with meditation or yoga, you may already be aware of setting intentions before settling into your meditative state. For those of you who have never done this before, don't fret, it's very easy!

First, draw the bath, toss in the salt soak or bath bomb, dim the lights and light candles, or do whatever it is you need to do to create a peaceful setting for the bath. After everything is set up and you're settled in the tub, start your meditative bath by taking a couple of deep belly breaths. Breathe in through your nose down into your tummy and then breathe out through your nose or mouth. This does two things. First, it relaxes you. Second, breathing in the scents of the essential oils will evoke a certain feeling depending on which ones you are using. While you are doing this, set an intention for the bath in your mind. It could be one word or a phrase. For instance, if I'm feeling anxious for some reason, I may choose for my intention the word "acceptance" or "letting go" to bring me to a calmer state and reduce anxiety. Or, if I'm feeling pretty content, then I may choose "gratefulness" as my intention. You see, how you set your intention is completely up to you, and it could literally be anything. I would just recommend listening to your intuition to see if there's anything that is bothering you, something you may need to let go of, or something you would like to focus on.

Once you state your intention in your mind, focus on it for a deep breath or two, then let it go and clear your mind. Continue to focus on breathing to stay in the present, leaving you in a peaceful and meditative state.

Salt Soaks

When I think of meditative baths, the first thing that comes to mind is a deeply relaxing salt soak with essential oils that set a certain tone or mood.

Patchouli Deep Relaxation Salt Soak

This can be used as a grounding meditation to release anxiety. The combination of patchouli, sweet marjoram, and carrot seed create a deep resonating scent for extreme relaxation and letting go.

1 cup of Dead Sea salts

1 cup of Epsom salts

1 cup of coarse sea salts

½ cup of baking soda

1 cup of French green clay

5 drops of patchouli essential oil

5 drops of sweet marjoram essential oil

2 drops of carrot seed essential oil

Clary Sage Uplifting Salt Soak

Warm and light; deep, yet uplifting. This may seem like an unlikely combination, but somehow it works.

2 cups of Himalayan salts

1 cup of coarse sea salts

½ cup of baking soda

1 cup of rhassoul clay

5 drops of clary sage essential oil

5 drops of lemongrass essential oil

2 drops of benzoin essential oil

Citronella Uplifting Salt Soak

This blend is bright and uplifting, great for inspiration and focusing on creative endeavors.

2 cups of Himalayan salts

1 cup of coarse sea salts

½ cup of baking soda

5 drops of citronella essential oil

5 drops of grapefruit essential oil

2 drops of lemongrass essential oil

Bergamot Grounding Salt Soak

Very grounding, this blend will bring you back down to earth.

2 cups of Himalayan salts

1 cup of coarse sea salts

½ cup of baking soda

1 cup of rhassoul clay

5 drops of bergamot essential oil

5 drops of frankincense essential oil

2 drops of juniper berry essential oil

Rose and Basil Salt Soak

The basil in this blend has the ability to make you more alert, yet the rose brings a dreamy aspect. This is a very positive blend for use earlier in the day or maybe before an event.

2 cups of Dead Sea salts

1 cup of Himalayan salts

½ cup of baking soda

1 cup of French green clay

5 drops of rose essential oil

5 drops of basil essential oil

Geranium and Chamomile Salt Soak

"Comforting" is the word that comes to mind to describe this blend. Let it remind you of home and put you in a happy place.

2 cups of Himalayan salts

1 cup of coarse sea salts

½ cup of baking soda

1 cup of fuller's earth clay

5 drops of geranium essential oil

5 drops of chamomile essential oil

Soothing Frankincense Salt Soak

Deep and soothing, this blend will put you in an extremely meditative state. Perfect right before bedtime.

2 cups of Dead Sea salts

1 cup of Epsom salts

½ cup of baking soda

5 drops of frankincense essential oil

5 drops of lavender essential oil

2 drops of eucalyptus essential oil

Bergamot and Jasmine Salt Soak

This is a very gentle and uplifting blend. Perfect for the morning if you have time to take a bath before work.

1 cup of Dead Sea salts

1 cup of Epsom salts

1 cup of coarse sea salts

½ cup of baking soda

5 drops of bergamot essential oil

5 drops of jasmine essential oil

Cedarwood and Lavender Salt Soak

One of my favorites, this blend evokes the feeling of being taken away at sea over gentle waves—each note of the scents allows you to escape to another place.

2 cups of Himalayan salts

1 cup of coarse sea salts

½ cup of baking soda

1 cup of fuller's earth clay

5 drops of cedarwood atlas essential oil

5 drops of lavender essential oil

2 drops of rose essential oil