HERBAL BATHS

A pleasant way to enjoy herbs, and to use them medicinally, is in an herbal bath. Steeping herbs in hot water enhances the sedative properties of the herbs, creating a relaxing and warming effect. To use an herbal infusion for your bath, add a quart of strained herbal infusion or decoction (simmered for 30 minutes) to your bath water, or, tie a handful of herbs in a muslin bag and hang it from the hot water tap so that the water runs through it.

The heat of the water will release the fragrance and enhance the properties of the herbs, while opening the pores of your skin. The aromatic effect of this release passes through the nervous system to the brain, while the skin absorbs properties that pass to the bloodstream. The result is a benefit for both mind and body.

Below are three relaxing options.

1. Fill a muslin or cheesecloth bag with chamomile, linden flowers, lemon balm, roses, calendula and/or lavender, and hang it from the faucet so that the hot water runs through it.
2. After your herbal bath you may want to massage with St. John’s Wort oil, before bed, to calm and relax the body. This precious red oil is good for nerve damage and regeneration. You may also add chamomile, yarrow or rosemary and/or comfrey to bath water.

3. Pour one quart of boiling water over two handfuls of the dried valerian root and leave it for twenty-five minutes. Strain liquid and add to bath.