

Bath Shot Benefits

Immerse yourself in the comforting embrace of a steamy, aromatic bath filled with botanicals and other life-giving gifts from nature. Where ancient wisdom meets modern skincare, customized bath shots offer a plethora of benefits for your skin and well-being. It isn't just a relaxing treat; it's a therapeutic experience with a myriad of health benefits waiting to be unlocked.*

- Muscle Relaxation
- Stress Relief
- Improved Circulation
- Better Sleep
- Skin Cleansing / Detox
- Respiratory Benefits
- Pain Relief
- Skin Moisturizing

BLACK LAVA SALT

Rich in minerals, including magnesium, potassium, and iron. It contains activated charcoal, providing antioxidant properties that may help neutralize free radicals in the body.

EPSOM SALT

Offers various potential health benefits. It may help relax muscles, reduce stress, improve sleep, soothe skin, and potentially aid in detoxification. Epsom salt baths are popular for muscle relaxation and stress relief.

PINK HIMALAYAN SALT

Known for relaxing muscles, reducing stress, improving skin health, and promoting detoxification. The warm water combined with mineral-rich salt creates a soothing experience that can enhance overall well-being. Adding essential oils can further enhance the benefits.

BEE POLLEN

Contains natural oils, vitamins, minerals, and amino acids that can nourish, moisturize, and rejuvenate the skin, leaving it feeling softer and smoother. It's also anti-inflammatory and rich in antioxidants, which can help protect the skin from damage caused by free radicals and environmental stressors, potentially reducing signs of aging.

POWDERED MILK

Milk baths (dairy, almond, or coconut) have been used for centuries to moisturize and beautify the skin. The natural fats and proteins in milk leaves it feeling soft, smooth, and hydrated. The lactic acid in milk helps to gently exfoliate the skin, removing dead cells and promoting a brighter more radiant complexion. Milk contains enzymes that can help detoxify the skin, drawing out impurities and leaving it feeling clean and refreshed.

GROUND OATMEAL

Mothers across the millennia knew what to do when their kids were miserable with Chicken Pox. A good old fashioned oatmeal bath was just what Dr. Mom ordered! Oatmeal contains anti-inflammatory properties that can help soothe and calm irritated or itchy skin conditions, including eczema, psoriasis, or insect bites.

The natural fats in oatmeal help moisturize the skin, as it forms a protective barrier, preventing moisture loss. It can even provide relief for sunburned skin by reducing inflammation, and soothing any discomfort.

Oatmeal can also help to balance the skin's pH levels, which is beneficial for maintaining healthy skin and preventing issues like acne or excessive dryness.

DRIED BOTANICALS

Overall, bathing with dried botanicals offers a holistic approach to self-care, combining the benefits of aromatherapy, skincare, and relaxation for a truly indulgent experience.

THERAPEUTIC GRADE ESSENTIAL OILS

Most essential oils on the market are adulterated with synthetic chemicals, so be very careful when selecting a brand. What you put in your bath shot matters, since your skin is your biggest organ. Pure, high quality essential oils have powerful benefits that can be complete game changers for your health and well being, so choose carefully.

*Always exercise cautious when taking hot baths, especially if you have certain medical conditions like high blood pressure or heart disease.