

## Making Plant Baths

### **What you'll need:**

1. Bucket, pitcher or mason jar
2. Dried and/or fresh herbs of your choice
3. Water
4. Strainer (optional)

### **Making your plant bath outdoors:**

1. Fill a bucket or pitcher with water
2. Add your dried/fresh herbs to the water (1 ounce of dried herbs per 3 gallons of water is generally enough, but it really doesn't matter it's more about your preference and how strong or weak you would like the bath to be. Experiment until you experience what works for you ;)
3. Let steep in the sun for 3-4 hours.
4. If you want to enjoy your bath outside and are not comfortable getting nude, feel free to put on your bathing suit. Get a small bowl and pour the mixture over your body head, chest, legs and rub the plant material onto your skin.
5. Traditionally you would not use a towel and allow the plant material and bath dry on your body and would go on about your day once it dries, but it's up to you.

### **Making your plant bath indoors:**

#### ***Shower Stall:***

I recommend preparing your plant bath about 30 minutes before you intend to shower.

1. Boil enough water to fill your mason jar
2. Add 4-5 pinches of dried herbs of your choice into the jar.
3. Pour the boiling water over the herbs, cover and let steep for 15 minutes.
4. Remove lid and if you prefer not to have plant material in your shower, strain out the plant matter with a strainer. I do this by getting another empty jar and placing a tea strainer over the empty jar and then pour the plant bath into the empty jar with the strainer on top. You can also use a sprout lid strainer on the jar your plant matter is in. I suggest pouring your plant bath over you at the end of your shower and allowing the bath to dry on your body if you can.

#### ***Bath Tub:***

1. Follow steps above with or without strainer depending on whether or not you want plant matter in your tub.
2. You can also add fresh herbs directly to your bath tub. The water may or may not be hot enough in your tub to steep dried herbs hence why I recommend making the mixture in a jar before hand ;)

**Additional Notes:** Don't forget to bless your herbs and bath, maybe set a simple intention as you are adding the herbs to your bucket/jar. The more intention you bring to creating and experiencing your bath the more powerful it can be ☺ For example my intention for my daily baths is to do something nice for myself that connects me with the plants.

**Suggested Herbs you can use for plant baths:**

I get most of my dried herbs in bulk at the local natural food store. Below is a short list of herbs that are typically available in most health food stores. I have also listed some of their general attributes. I encourage you to explore bathing with those particular plants that resonate with you as an individual. Typically you don't use roots in plant baths and instead use the flowers and leaves of the plants, however your plant bath ingredients are between you and the plants so feel free to explore... there are no rules ☺

Rose Petals/Buds – love, softness, strength, feminine

White Sage – cleansing, protection

Tobacco – cleansing, clarity, protection

Chamomile flowers – relaxing, feminine

Calendula flowers - feminine

Lavender flowers - feminine

Mulberry leaf – emotionally & spiritual strength

Dandelion leaf – heal old wounds