



# UsefulOils



## The Bath Oil

« A few drops of essential oils can change your bath. And make you feel even cleaner.

Adding this Bath Oil in your bath can protect you from aggressive effects of hard water, or soap, on your skin. A whole new atmosphere for the bath, and lasting detoxifying effects you can feel. »



**Ingredients :** Essential Oils of Lavender, Lemongrass, Tea Tree. Cold Pressed Sweet Almond Oil.

**Presentation :** 10, 15, 20, 30, 50 and 100 ml glass bottles.

**Shelf Life :** needs to remain tightly closed and stored away from light and heat. Best if used within 2 years after the manufacturing date printed on the label.

### Instructions:

Sweet Almond oil provides a soothing effect to the skin. The essential oils of Lavender, Lemongrass and Tea Tree will be used to cleanse you, first by their antiseptic and anti fungal powers, applied directly to your skin, but also by the vapors that diffuse in contact with hot water.

Close the bathroom door to keep the vapors inside.

**Bath:** pour between **10 and 20 drops** of the Bath Oil directly in the water in the bathtub, when it fills. Stay at least ten minutes in your bath, to take advantage of all the effects of these oils.

**Shower:** wash yourself as usual, then add **10 to 20 drops** of the Bath Oil on a washcloth or sponge. Rub your entire body with this oil, leaving the water running. Inhale deeply the vapors from the oils.

### Frequency of use:

At will.

## ***Precautions:***

The Bath Oil, and the described instructions, are not a substitute for any advice given by health professionals regarding your particular situation. If in doubt about your fitness, or when taking medications, please check with your doctor about the appropriateness of those techniques.

Concentrated product: do not ingest. Avoid contact with eyes and mucous membranes. Keep out of the reach of children.

## ***Other Uses for the Bath Oil:***

Our website offers other recipes for your personal care to show that it is possible to replace usual toiletries by products that are completely natural, quite easily.

There are several soaps available from the "organic" stores that are liquid soaps made from the simplest natural ingredients, without added coloring or chemical preservatives. You can add the Bath Oil to them, with a dosage of **5 ml** (one tsp.) per liter of liquid soap. Then you'll get an excellent antiseptic, soothing soap, for your hands and body.

## ***For more information:***

To learn more about the essential oils of plants and their traditional uses, get recent scientific data, and obtain other natural formulas for everyday use instead of chemicals, quickly visit our website:

[www.UsefulOils.com](http://www.UsefulOils.com)