The ultimate de-stress bath oil
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The perfect indulgent oil, to swirl into your bath water to create a deeply relaxing and de-stressing environment

Ingredients

Create Your Own Bath Oil*
- 250ml
For all skin types

Frankincense Essential Oil*
- 30-60 drops
Promotes a sense of relaxation and helps to rejuvenate the skin

Mandarin Essential Oil*
- 8-16 drops
Deeply restful, it’s calming for the emotions

Neroli Essential Oil*
- 5-10 drops
Nourishes the skin and helps to uplift the emotions

Patchouli Essential Oil*
- 8-16 drops
Grounding for the emotions and is known to be rejuvenating for the skin

Cypress Essential Oil*
5-10 drops
Uplifting for the emotions and toning for the skin

Directions

1. Add all the essential oils to the Create Your Own Bath Oil
2. Add the oil to a full bath and swirl to dispense
3. Relax in the bath with your eyes closed, inhale the soothing fragrance of the pure essential oils and when you breathe out visualise your stresses melting away, like the steam from the bath water.

TOP TIP
Start with the minimum number of drops and build up to the maximum number for a more intense aroma.