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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Make Your Own Bubble Bath**

**By Abigail Beal**

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Indulge yourself and make your own bubble bath. Wouldn't it be nice to relax into a bubble bath that you'd created? Making bubble bath is simple & fun. They can also make wonderful gifts for friends and loved ones for the holidays or other special occasions.

The ingredients used to make bubble bath can be found in most large grocery stores or health food stores. You can also find all of the ingredients online. They are inexpensive.

One of the benefits of making your own bubble bath is that you know exactly what is in it. If you are allergic to anything, you can be certain it is not in your bubble bath.

Another benefit to making your own bubble bath is that you know all of the ingredients are fresh and natural. There is no concern about a product that was left on the shelf for months. Another benefit is that you can be certain that your product is environmentally conscious and that it does not promote animal testing.

Bubble bath is a wonderful inexpensive way to treat yourself. Supplies are easy to find and you can create a bubble bath suited exactly to your personal tastes and needs.

An important ingredient in bubble bath is essential oil. Essential oils add the scent to your bubble bath. Use these sparingly, as you only need to use several drops to get a pleasant effect. Many essential oils should not be ingested orally, so be sure to read the directions. There are also some essential oils such as marjoram that should never be used by pregnant women. You can research any essential oil at the National Association for Holistic Aromatherapy [www.naha.org](http://www.naha.org). Also look in aromatherapy books and ask questions at the health food store when buying essential oils.

Some essential oils are known to be relaxing and soothing. The most popular include lavender, sandalwood, marjoram, frankincense, myrrh, rosewood and chamomile. These essential oils will calm

## Make Your Own Bubble Bath

you down, relax you and help you go to sleep.

Other essential oils will uplift and energize you. Peppermint, spearmint, eucalyptus and lemon oil are all oils that will brighten your day and are good to use during the day. Eucalyptus oil is especially good if you have a cold because it will break up your cold's congestion.

To soften your skin, consider adding either coconut or almond oil to your bubble bath concoctions. Coconut oil has a wonderful nutty and floral fragrance to it. Almond oil is virtually unscented. Adding a half a cup of either almond oil or coconut oil to your bubble bath will soften your skin tremendously. This is a great addition for your bubble baths for the winter months.

Store your bubble baths in a nonbreakable container. The materials you use to make bubble baths can "keep" for awhile. You can store your bubble bath on a shelf in your bathroom or bedroom for easy access.

Personalized bubble baths make an excellent gift. You can find many decorative plastic containers at your local art store. For decorative effect you can add either marbles or seashells to the bottom of the container. If you are giving bubble bath to a child or teenager, consider adding a small amount of glitter. Do not add food coloring because it can stain people temporarily. Tie your container with a pretty bow or even a piece of tulle.

When giving bubble bath as a gift, consider adding some other bath related items. Give bath mitts or a big yellow rubber duck. Your friend or loved one will appreciate such a thoughtful and personalized gift.

Whether you are making your bubble bath for yourself or for someone special - your bubble bath is really a treat to enjoy. Here are some recipes for bubble baths to inspire you and to get your started:

### Sweet Dreams Bubble Bath

This bubble bath has lavender and patchouli oils to relax you before bedtime. Use soft music and lighted candles in your bathroom for a soothing effect. 6 drops of lavender oil 3 drops of patchouli oil

1 quart of distilled water 1 bar of castille soap. (4 oz. Bar) 4 ounces liquid glycerin

Directions: mix the water, soap and glycerin together and stir. Now add your essential oils to the mixture.

### Cold Season Bubble Bath

This bubble bath will help you breathe easier, with eucalyptus oil to ease the cold congestion. This is perfect for the cold season. 6 drops of eucalyptus oil 3 drops of spearmint oil 3 drops of peppermint oil 1 quart of distilled water 1 bar of castille soap. (4 oz. Bar) 4 ounces liquid glycerin

Directions: mix the water, soap and glycerin together and stir. Now add your essential oils to the

## Make Your Own Bubble Bath

mixture.

### Pure Sunshine Bubble Bath

This citrusy bubble bath will cheer you up and energize you. Perfect for a morning bath or use after exercising. 6 drops of orange oil 4 drops of grapefruit oil 3 drops of lemon oil 1 quart of distilled water 1 bar of castille soap. (4 oz. Bar) 4 ounces liquid glycerin

Directions: mix the water, soap and glycerin together and stir. Now add your essential oils to the mixture.

### Love Potion Bubble Bath

This bubble bath will put you in a romantic mood. All of the ingredients are considered known aphrodisiac - so look out! 6 drops jasmine oil 3 drops rose oil 3 drops vanilla oil 6 drops ylang ylang oil 1 quart of distilled water 1 bar of castille soap. (4 oz. Bar) 4 ounces liquid glycerin

Directions: mix the water, soap and glycerin together and stir. Now add your essential oils to the mixture.

Abigail Beal a.k.a. "the Gift-wrap Goddess" teaches gift wrap in suburban New York. She is the author of 2 ezines: GiftWrapGoddessWraps and CreativeCraftsTeachers. To subscribe:

contact: [creativecraftsteachers@yahoo.com](mailto:creativecraftsteachers@yahoo.com)

## **Create Luxurious Bath And Body Products With Natural Fragrance Oils**

### **By Sherry Frewerd**

I don't know about you, but I'm as hooked on bath and body products as I'm going to get! I can't pass the aisle at Wal-Mart without taking a look. Trips to the mall have become half hour events in the Bath and Body store. Gift buying for female friends and family is now a much anticipated outing because I can wander over to the bubble bath and lotion and pick up a little something extra for myself while I'm buying their present!

Now that there are private label bath and body product businesses online, the adventure never ends. I have found some of the most wonderful products from small, online specialty shops that can't be found in stores or malls. Many of these darling businesses, such as `Marlo Quinn' and others like it, hand-make and design their own soaps, lotions, bubble baths and other personal care products, most using all-natural, or mostly natural ingredients.

Ever wonder if you could make some of your own bath and body products at home? I know, most of you will audibly laugh at the idea of even having the time to take a bubble bath, much less actually making something you'd want to put in your bath water and sit in! Ok, I get it. You're busy. But just

## Make Your Own Bubble Bath

imagine that you have a few minutes one weekend and get the ingredients together to make your own deliciously scented, natural spa products. Wouldn't that leave you with a warm sense of accomplishment and ultimately a warm, frothy bubble bath or scrubby facial mask?

Let's assume you go with option number two, and make a date with yourself to create something wonderful. Hey, you could even go as far as getting together some like-minded (bath product enthusiasts) friends, chill some good wine and make a party out of it! Everyone can take home their creations and report back later as to the overall effect and results. I can make a party out of just about anything these days.

So, here is an easy and yummy smelling home-made soap recipe to get you started and in the mood for more. You'll want to gather your ingredients a few days in advance. Have fun!

`A' is for Apple Soap

4oz. clear, unscented glycerine soap 1 Tablespoon liquid soap 1 teaspoon liquid glycerine 1/2 teaspoon Apple Fragrance Oil 2 drops Red Food Color 1/2 teaspoon ground cinnamon

Melt soap in small pan over low heat. Add Liquid soap and glycerine and stir well gently Add fragrance, color and cinnamon. Stir and let stand a couple minutes, until you see it start to thicken and the cinnamon is mixed evenly. Pour into molds such as muffin tins or character candy or soap molds. Allow to set completely and store in zip lock storage bags.

When the soaps are all set, they make great little gifts for special occasions. How cute would they be as a `Teacher Gift' at Christmas time, especially if you use `apple' molds. There are more home-made recipes and ideas at `Natural You Mineral Makeup and Skincare.com'.

Sherry Frewerd publishes websites on various subjects from crock pot recipes to mineral makeup to toddler learning. Take a moment to visit

for some helpful and fun

natural remedies, tips and product suggestions. Forget the Botox, talk to Mother Nature today!

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