

Here are a few "recipes" for using baths as therapeutic. Keep in mind using Flower Remedies, Essential Oils, Botanicals and the such are ALL ways to support the body.

Botanical Basics - Herbs

Herbal teas can be used internally, as in sipping them, or in your BATH for quick and easy absorption. This is especially beneficial when working with a weakened system or small children. Baths are excellent for children that you are trying to support but are challenges to take the supplements internally... voila, just put them in the bath and internal it goes through the skin.

Herbal teas are the most basic of all natural healing mediums; they are easily absorbed by the body as warm/liquid. The hot brewing method releases herbal properties and provides a flushing action that is ideal for removing toxic wastes.

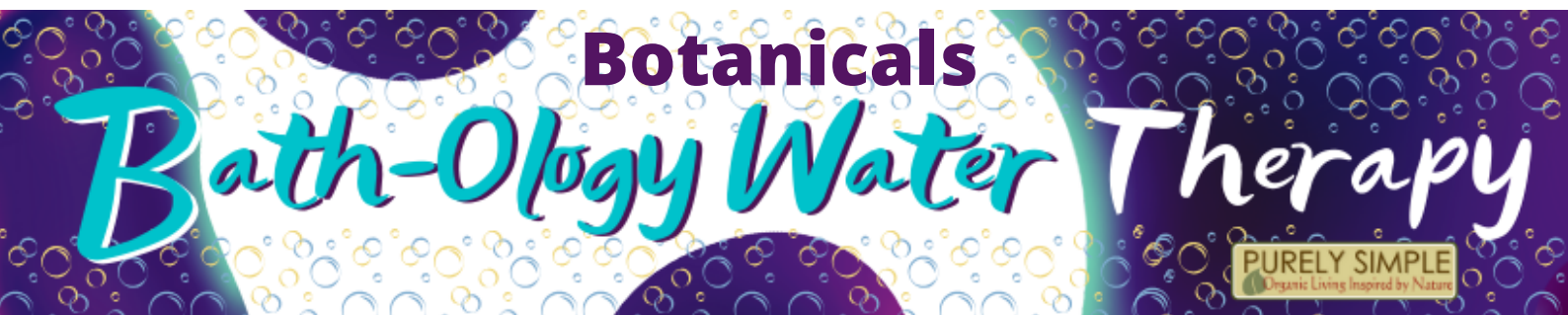
TEA Recipes

Leaf/Flower Tea

- Bring 1 cup of water to a boil
- Remove from heat and add 1 tsp dried herb/spice (add more depending on strength desired)
- Cover to steep for 10 minutes
- Strain and use
 - drink as tea or
 - pour in bath water

Root/Bark Tea

- Bring 1 cup of water to a boil
- Add 1 tsp dried herb/spice (add more depending on strength desired)
- Slow boil for 10 minutes -covered- with a lid
- Remove from heat and steep for an additional 15 minutes
- Strain and use
 - drink as tea or
 - pour in bath water



Infusion

These are stronger teas

Used for flowers and leaves of plants, dried or powdered herbs

1 tsp - 1 T of desired herb/spice to 1 cup of water

- OR -

3 T fresh herb to 1 cup of water

- OR -

1 part to 16 parts when using in large quantities

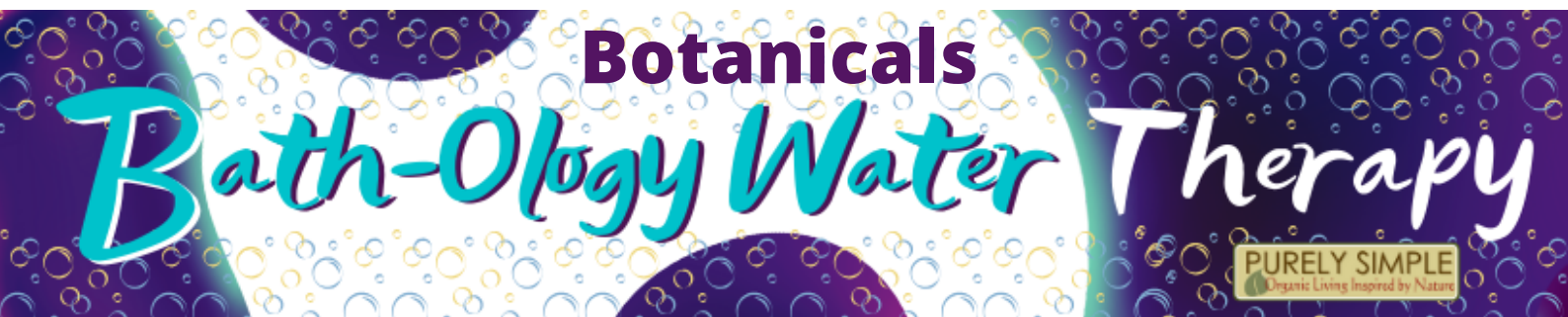
- Boil 1 cup of water
- Add herb/spice, COVER and remove from heat
- Steep for 10-15 minutes
- Strain and use

Cold Infusion

Same as above except combine in COOL water and let stand covered for 1-2 hours

Recipe

Recipe



Decoction - Roots, Bark and Seeds

Used for roots, bark and seeds

2 T dried herb/spice to 1 cup of water

- OR -

6 T fresh herb to 1 cup of water

- OR -

2 parts to 16 parts when using large quantities

- Place measurements above into 1 cup COLD water
- Bring to a light boil and cover
- Simmer gently for 20-30 minutes
- Strain and use

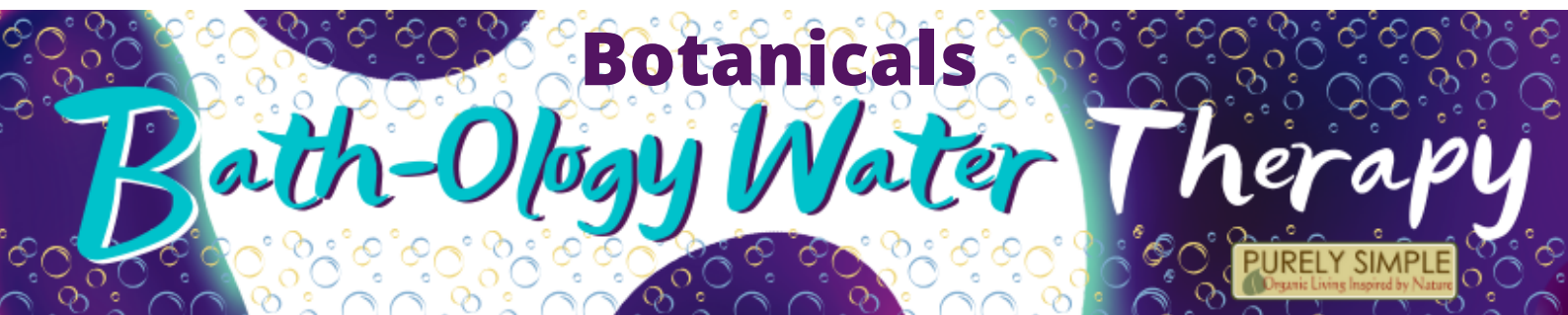
NOTE: The original liquid amount will be in a concentrated form

***** For best results, repeat the same process with the SAME herbs. Strain again and mix both batches. *****

Sun Tea

Sun Tea is a cold infusion where herbs are put in a covered jar and allowed to stand in the sun absorbing an energy from God.

NOTES:



External Use Application

Herbal baths are not only soothing but therapeutic as well. The diluted medicinal oils, herbs, spices etc. are absorbed through the skin and into the blood stream.

2 Basic Techniques :

Notice/Disclaimer: Water should never be so hot the skin is damaged.

Method 1:

Draw very hot bath water

Put bath herbs/spices in an extra large tea ball or a small muslin bag

Note: other sachet options:

- Handkerchief
- Nylon Stockings
- Socks

You will smell the aroma from the herbs in about 15 minutes

Method 2:

Make a strong tea (infusion or decoction) as usual with a FULL pot of water

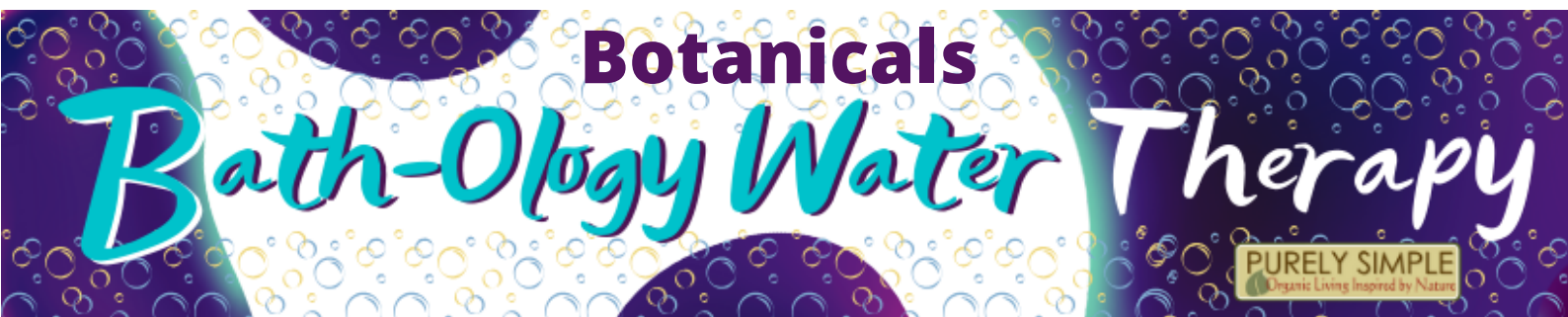
Strain and add direction to your bath water

Bath water should be comfortable to the body

Soak for at least 30 minutes to give the body time to absorb the herbal properties.

Rub the body with the "solids" in the muslin bag while soaking for the best herb absorbency.

Note: some folks put the herbs straight in the bath water without straining. The disadvantage is you are now straining out herbs from the bath water itself..
ugh



Herbal Compress & Fomentations

These draw out waste and waste residue via the skin or release them into the body's elimination channels.

Compresses - Take a cotton cloth and soak in one of the botanical teas or infusions listed above.

Fomentations - for this purpose are really the same and function is the same.

Place the soaked cloth on affected area using caution of heat level.

Place a thick towel over area to assist in keeping the heat in the area and to assist in penetrating the skin.

You may use a heating pad or hot water bottle on top as well.

Once cooled, repeat application.

You may do so for several hours or until desired result is achieved.

Note: Don't undervalue the benefits of ice and steam. Cold and heat packs and such for everyday issues and even chronic challenges.

We are 70-80% water and using this old-fashioned thought process will be very powerful.

Resources for loads of realistic, affordable and practical information on this subject:

The Complete Book of Water Healing by Dian Duncan Buchman Ph.D. and

Hydrotherapy for Health and Wellness by Richard Eidson

NOTES:
