

Herbal Bath Salts



The Herbal Bath Salts are the perfect combination for a relaxing ritual bath: be it a body or foot bath. Infused with medicinal plants, flowers and essential oils, they are brimming with healing intentions. The salt used is hand-harvested sea salt from traditional salines of Ria Formosa.

SALT BATHS, especially sea salt ones, are known for their therapeutic properties, as well as their ability to ease stress and boost your overall health. Taking a sea salt bath: 1) eases achy muscles & joints, 2) stimulates circulation and 3) calms irritated skin.

FOOTBATHS, specifically, promote anchoring and relaxation and, when done before going to bed, ensure a peaceful & deep sleep. Moreover, feet have nerve endings that are connected, amongst many other organs, to the womb. As the saying goes: "cold feet, cold womb", which can indeed lead to many irregularities. Foot baths, then, also relieve menstrual cramps & contribute to consistent cycles.

Ingredients

Sea Salt: Hand harvested in traditional salines of Ria Formosa.

Medicinal Herbs and Flowers: rose petals, orange blossom, calendula, jasmine petals, lavender, globe amaranth, cypress, rosemary.

Essential Oils: lavender essential oil, rosemary essential oil, cedar essential oil.

Dosage & Use

Bathtub: 1 cup of bath salts for a bathtub. Pour into running warm water to help it dissolve faster and the room will fill with a magical aroma. Soak in for at least 12min and experience the bliss and magic!

Footsoak: Pour about 2L of very hot water into a bowl, together with a fistful of bath salts (1/2 cup). Soak your feet and enjoy!