

Garden 'Bath Bags' Workshop



You will need:

Herbs – Lemon geranium, Rose, Lavender, Camomile, Rosemary, Ginger, Marjoram, Black pepper corns; pre dried in a dehydrator

Mettle funnel - (wide mouthed, or make a funnel from paper)

Epsom salts – 250g per bath serving

Bowl for mixing

Herbal bath bags – for infusion (available online)



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Now is the time of year to harvest some of your aromatic herbs and enjoy their healing benefits all year round. Begin by collecting herbs for use in bath infusions, and dry them in clumps tied up with string, hanging upside down somewhere dry. Better still; invest in a dehydrating machine that will dry your stems over night, ready to remove the flowers, buds and leaves into small scent filled piles the next day. Gently crush each pile into smaller pieces and store the dried herbs in airtight containers (old jam jars or kilner jars work well) and label.

The mixes used here are for gardeners especially, to relax aching muscles and calm the mind.

Muscle relaxing mix:

Rosemary, Ginger, Marjoram, Black pepper corns

Once dried, place a sprinkling of each herb into your mixing bowl, enough to fill your bath bag; you are only mixing approximately a tablespoon full of herbs, as you will be adding the Epsom salts (250g) directly into the bath. Fill your bag with the herbs using your funnel, so not to spill the herb mix, and draw the strings together. If you don't have any bags, you can add the herbs directly into your bath, it just means you will have to clean them all out afterwards. The beauty of the bag is that it contains the herbs and prevents your bath plughole blocking.

All these herbs have warming properties, and are great for easing muscle tension, they are also known for drawing toxins out of the body.



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Epsom salts are high in magnesium, most of us struggle to get enough of this in our diets, and when we over work our bodies we become deficient in it; muscle cramps or restless legs are symptoms of this, the salts replenish the magnesium whilst drawing out the lactic acids and toxins from the body. Your temperature may increase during a treatment, and you may sweat after, this is the process of detoxification continuing.

Calming the mind mix:

Lemon geranium, Rose, Lavender, Camomile

This mix will help to relax and calm both body and mind. It is especially good for use before going to sleep, as the sedative effects of the herbs will help you to unwind. Simply mix the dried herbs together as above, and add to your bath bag. Run your bath and add in the 250g of Epsom salts, along with your aromatic bath bag, and let it steep whilst the bath runs. Enjoy a relaxing bath and absorb all of the beneficial properties of your herbal infusion.

Properties of your calming bath herbs:

Lemon geranium - hormone balancer, mood stabiliser

Rose - comforting and emotionally supportive

Lavender – a sedative, relaxes the body, great before sleep

Camomile – also a sedative, calming on the senses

Epsom salts - great detoxifier and replenishes magnesium