



# Find Balance with the Best At-Home Bath

Juliusz Dzierlatka

After a long day at work we have a tendency of grabbing the closest snack, reaching for the remote and spending much of the evening in front of the television. Not only does this not alleviate tension and stress from the day, but it is also an unhealthy habit. Instead, unwind and de-stress yourself from the day's issues with a relaxing and soothing bath.

This is not only a ritual for cleansing the body; it is also a great way to remove the weight of stress after a long day. A well-prepared bath saturates both the body and the mind, helps calm you down and improves regeneration of the body. Here is how you can prepare your at-home bath, just like a professional!

## Bathing Does Not Have To Be a Boring Routine

Therapeutic bathing properties have been known for centuries. The word "spa" is probably an abbreviation for the Latin term "Sanus per aquam," meaning "healthy thanks to water."

Spas offer a great variety of relaxing services, but unfortunately, due to the lack of time or financial reasons, regular visits are often inconvenient. Instead, have an affordable, private and relaxing spa night right at home!

## How to Prepare a Relaxing Bath Like a Pro

In order for a bath to help us relax and unwind, it must be properly prepared. Start by creating the right mood; incorporate scented candles, your favorite music and even a glass of wine if you would like. Most importantly, make sure you have time, that you are in no rush and that no one will stop your blissful relaxation session.

Introduce aromatherapy to your ritual, which works on the senses. With the addition of candlelight and relaxing music, you can create the perfect relaxation mood. When choosing aromas for bathing, consider including lavender, sweet floral notes and ylang-ylang. These fragrances will help calm you down and allow you to relax. Avoid strong, fruity fragrances, as they bring the opposite effect by stimulating the senses and we are attempting to calm them. Use one to three drops of lavender for every ounce of water; add this mixture to a spray bottle and create a stress-relieving spray. Or, put the drops directly in your bath. You can also combine 10 drops of your preferred oil along with a teaspoon of honey and add them before you step into your bath.

Salt that contains lavender extract is a perfect addi-




tion as well, as it has relaxing and anti-stress properties. The salt will relax tense and aching muscles and will expand the pores, so that the skin can cleanse toxins more effectively, as well as help absorb minerals. Or, add salt with rose extract, which will have a nourishing and caring effect on your skin, strengthening it and adding softness. After such a bath you will know the true meaning of relaxation.

### Relax In the Bathtub

A home spa will help you relax and unwind after a hard day. However, it is worth remembering a few basic rules.

- Bathing should last no longer than 30 minutes. Extensive exposure to hot water may have the opposite effect — drying out the skin and damaging the epidermis.
- The water temperature should be in close to a regular body temperature, or around 37° C (98.6° F).

After the bath, apply the appropriate balm or oil to the entire surface of your body to moisturize the skin. It is worth purchasing products that help retain moisture in the epidermis and rebuild the protective lipid coat of the skin. These products can be found in most cosmetics stores. Look for balms and oils that include vitamin E, calendula, argan and jojoba oils. Do not forget to gently massage a nourishing cream on the face, neck and chest area in a circular motion. Consider purchasing maracujan cream for extra nourishing effects. This will help will facilitate lymph drainage and remove swelling.

After you have a relaxation session, it is best to finish off with a wonderful sleep or short nap if you have the time. When you get some shuteye, your relaxed and muted body will regenerate better and much faster. 



Author Juliusz Dzierlatka can be found at

[www.Versum.com](http://www.Versum.com).