

Relaxing Herbal Bath

Drawing an herbal bath is a fantastic way to nourish your body, tend to your nervous system, and luxuriate in a deep self-care ritual.



What you'll need...

- 2 handfuls of dried oatstraw (or a combination of oatstraw and milky oats)
- 2 handfuls dried damiana leaf/flower

- 1 Bring a large pot of water to a boil.
- 2 Add your herbs to the water.
- 3 Cover and let steep for 15–30 minutes.
- 4 Strain into a large metal bowl.
- 5 Fill a bathtub with hot water and add strained herbal tea.
- 6 (optional) You can steep the same herbs in the pot several times, in order to get the most healing compounds out of them. I often steep mine upwards of five times.