



Lemon balm, Neroli, and Sea Salt Relaxing Bath Infusion

Use this mixture of relaxing lemon balm in combination with intoxicating neroli to **calm the mind and body**. Sea salt is rich in minerals and has **skin-healing properties**. The essential oils can **encourage new cell growth, improve cell renewal**, and **soften scars** as well as provide a rich, refreshing scent that is uplifting and can **help to ease anxiety**.



Ingredients (for one bath)

1 tbsp dried lemon balm
5 drops neroli essential oil
5 drops of bergamot essential oil
1 tbsp sea salt

How to make

- 1 – To make the lemon balm infusion, place the lemon balm on a teapot or glass bowl and pour 500ml of boiling water over the top. Leave to steep for 10 minutes, then strain.
- 2 – Mix the essential oils and salt together to make a paste.
- 3 – Add the paste to the infusion, and stir until dissolved.

How to apply

Add the infusion mixture to the bath immediately and bathe as usual.