

## Creating Basic Plant Baths

### **What you'll need:**

1. An intention
2. Bucket, pitcher or mason jar
3. Dried and/or fresh herbs of your choice
4. Water
5. Strainer (optional)

**A note about Intention:** Don't forget to bless your herbs and bath, such as setting a simple intention as you add the herbs to your bucket/jar. The more intention you bring to creating and experiencing your bath the more powerful it can be. For example, my intention for my plant baths range from a simple intention of self-care to more intent cleansing and purification and/or protection.

### **Making your plant bath outdoors:**

1. Fill a bucket or pitcher with water
2. Add your dried/fresh herbs to the water (1 ounce of dried herbs per 3 gallons of water is generally enough, but it really doesn't matter it's more about your preference and how strong or weak you would like the bath to be. Experiment until you experience what works for you ;) As you add each plant invite the spirit of that particular plant into your plant bath.
3. As the herbs soak squeeze them out into the water.
4. Add your prayers and intentions into your plant bath. You can do this by singing, praying or just stating your intentions as you prepare your plant bath.
5. Let steep in the sun for 3-4 hours.
6. If you want to enjoy your bath outside and are not comfortable getting nude, feel free to put on your bathing suit. Get a small bowl and pour the mixture over your body head, chest, legs and rub the plant material onto your skin.
7. Traditionally you would not use a towel and allow the plant material and bath dry on your body and would go on about your day once it dries, but it's up to you.

### **Making your plant bath indoors:**

#### ***Shower Stall:***

I recommend preparing your plant bath about 30 minutes before you intend to shower.

1. Boil enough water to fill half of your quart or half gallon mason jar.
2. Add 4-5 pinches (about 1 ounce total) of dried herbs of your choice into the jar. Inviting the spirit of each plant as you add them to the jar.
3. Pour the boiling water over the herbs, add your prayers and intentions into the jar by singing, praying or stating your intentions, cover and let steep for 15 minutes.
4. Remove lid and add cool water to adjust the temperature of the water in the jar to a temperature that's comfortable for you.
5. If you prefer not to have plant material in your shower, strain out the plant matter with a strainer. I do this by getting another empty jar and placing a tea strainer over the empty jar and then pour the plant bath into the empty jar with the strainer on top. You can also use a sprout lid strainer on the jar your plant matter is in.

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I suggest pouring your plant bath over you at the end of your shower and allowing the bath to dry on your body if you can.

### **Bath Tub:**

1. Follow steps above with or without strainer depending on whether or not you want plant matter in your tub.
2. You can also add either fresh loose herbs directly to your bath tub. The water may or may not be hot enough in your tub to steep dried herbs hence why I recommend making the mixture in a jar before hand ;)

### **Suggested Herbs you can use for plant baths:**

I suggest keeping it simple and only using 1-3 plants together per bath, this is to avoid confusion among the plants themselves and to support a simple and effective plant bath experience. I get most of my dried herbs loose and in bulk at the local natural food store, Mountain Rose Herbs (mountainroseherbs.com) or by way of ethical wild crafting. You can also purchase organic teas already in the bag (such as Chamomile, Lavender, Lemon Balm, Nettle etc.) and just put one tea bag in for each herb. Below is a short list of herbs that are typically available in most health food stores. I have also listed some of their general attributes. I encourage you to explore bathing with those particular plants that resonate with you as an individual. Typically, you wouldn't use roots in plant baths and instead use the flowers and leaves of the plant, however your plant bath ingredients are between you and the plants so feel free to explore... there are no rules ☺

Rose Petals/Buds – Self-love, nourishment, strength, yin energy

Tobacco – purification, clarity, protection

Chamomile flowers – calmness, stress relief

Calendula flowers – seal holes or tears in etheric field (couple with herb for purification)

Lavender flowers – yin energy, stress relief, engenders peace

Dandelion leaf – heal old wounds

Lemongrass – to ward off trickery, help break habits & addictions

Bay Laurel Leaves – protection, release crossed conditions (self or others), clear mind & emotions

Thyme – restful sleep, dispel nightmares, purification, clear emotions particularly grief & sorrow.

Rue –cleansing particularly the heart, protection, clears up health issues

Lemon Balm – Energetic cleansing (especially helpful for clearing energies of civilization, cities and large groups of people), soothes the nerves

Hyssop & Rue (combination) – Clearing and cleansing yourself of guilt and shame *not to be used with any other plants or combinations.*

Rosemary – Protector of women, dispels negative energy

Nettle – fortification, strength