

Activity 23

A Soothing Bath Mix

One way to deal with stress is to relax in a warm bath. Add a soothing bath mix to make the bath even more pleasurable. The bath mix is great for skin, too!

Supplies

- $\frac{3}{4}$ -cup (175-mL) oatmeal
- 1-cup (250-mL) dry milk
- electric blender
- $\frac{1}{4}$ -cup (50-mL) dried herbs, such as chamomile or lavender
- jelly jar or other small jar with lid
- loose-woven cotton fabric
- thread to match fabric
- rubber bands
- decorative ribbon

Directions:

1. Use the blender to grind the oatmeal into small particles.
2. Mix the dry milk, oatmeal, and herbs together in a bowl.
3. Place the mixture in a jar with a lid. Set it aside.
4. Cut out a rectangle of loose-woven cotton fabric, 10 in. \times 4 in. (25.5 cm \times 10 cm).
5. Fold the rectangle with wrong sides together and pin.
6. Stitch along the two long edges using a $\frac{1}{2}$ -in. (1.3-cm) seam allowance. **See Fig. 23-1.**
7. Fold the upper edge under $\frac{1}{2}$ in. (1.3 cm) and pin. Stitch to secure. **See Fig. 23-2.**
8. Turn the bag right-side out.

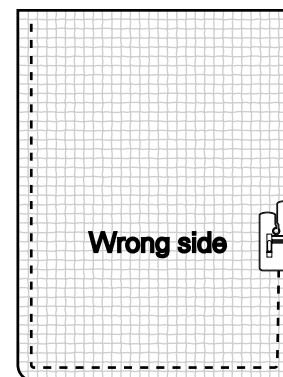


Fig. 23-1

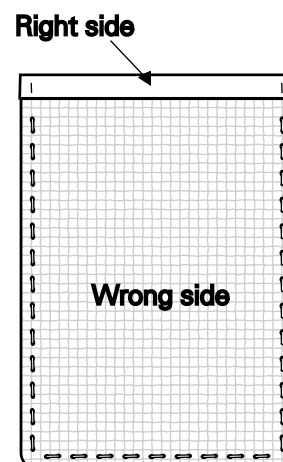


Fig. 23-2

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Activity 23 continued

9. When you are ready for a soothing bath, measure $\frac{1}{4}$ cup (50 mL) of the mixture into the bag and secure with a rubber band. **See Fig. 23-3.** Place the bag in the tub and run warm water over it.
10. Rinse out the bag so it can be used again the next time you want to take a soothing bath.

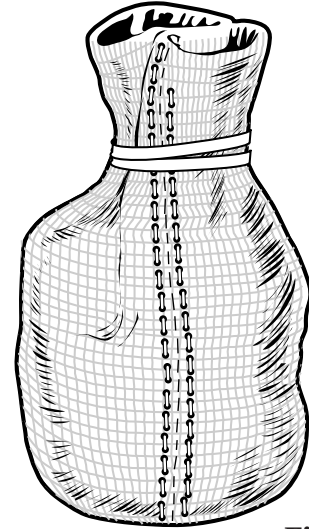


Fig. 23-3

Gift Idea

Make several bags from loose-woven cotton fabric, using different colors if you wish. Fill each bag with soothing bath mixture and secure it with a rubber band. Tie decorative ribbon over the rubber band and make a bow. Arrange three or four bags in a small basket, and give the gift basket to a friend or relative. **See Fig. 23-4.**



Fig. 23-4