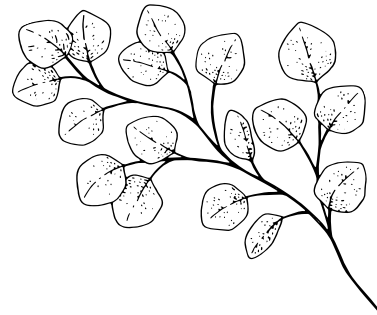


# Chamomile and Eucalyptus Healing Bath

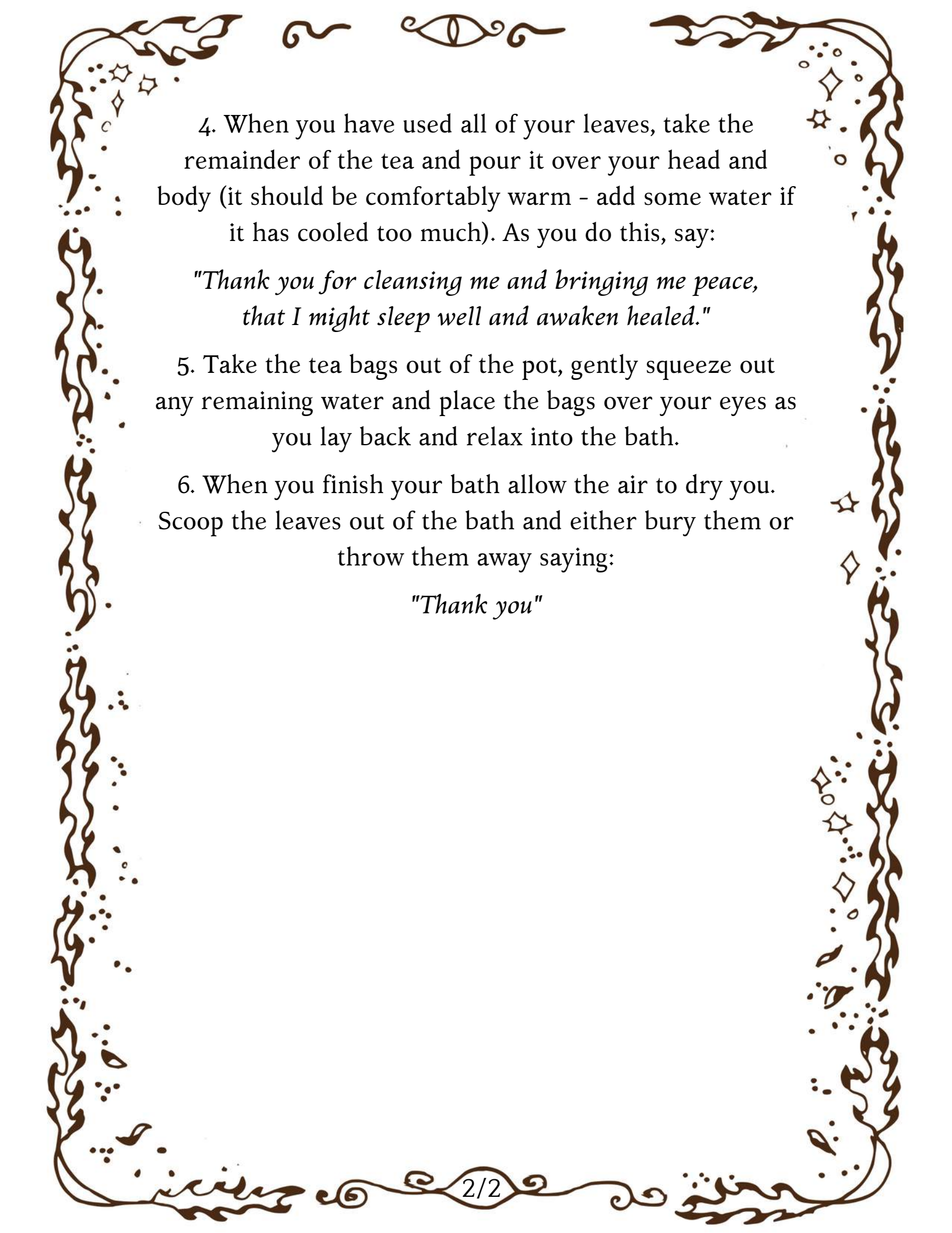
This gentle and soothing bath ritual is suitable for even the most sensitive skin. Take this healing bath to ease aches and pains, and promote a restful night of sleep.

- Chamomile tea
- Eucalyptus leaves
- White candle



1. Brew a large teapot or saucepan of strong chamomile tea and allow it to cool to a warm temperature.  
Leave the teabags in.
2. Run a warm bath, pour half of the tea into the water and light your candle.
3. Once in the bath hold a sprig of eucalyptus (or a handful of leaves) in one hand. Take one leaf at a time, inhale its calming scent, swirl the leaf through the warm water and stroke it over any part of your body which you are wanting to heal. As you do this, say:

*"Thank you for healing me, I feel better already"*



4. When you have used all of your leaves, take the remainder of the tea and pour it over your head and body (it should be comfortably warm - add some water if it has cooled too much). As you do this, say:

*"Thank you for cleansing me and bringing me peace,  
that I might sleep well and awaken healed."*

5. Take the tea bags out of the pot, gently squeeze out any remaining water and place the bags over your eyes as you lay back and relax into the bath.

6. When you finish your bath allow the air to dry you. Scoop the leaves out of the bath and either bury them or throw them away saying:

*"Thank you"*