

# How to Make Your Own Custom Aromatherapy Bath Collection

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There are so many ways to use essential oils! One of my favorite ways is to incorporate essential oils into each aspect of my personal care routine. Making your own personal care products with simple ingredients and essential oil is an easy way to ensure your skin care is natural and the perfect fit to your tastes.

The following recipes will guide you through creating the ultimate aromatherapy bath collection- a wonderful gift for anyone on your list who could use some pampering, yourself included! This Collection contains all natural Aromatherapy Bubble Bath, Massage Oil and an exfoliating Sugar and Salt Scrub.

On their own they each nourish and soften skin, and combined they make for an amazing gift package.

**Aromatherapy Bubble Bath-** A warm bubble bath by candle light is the gateway to deep relaxation.

Select unscented, liquid glycerin soap, which you can purchase in bulk at many health food stores. Pour soap into beautiful recycled glass bottles. Create your desired blend of essential oils and add about 10 drops of essential oil per ounce of liquid soap. Shake carefully to disperse

essential oils into soap. You can also add hydrosols, such as Rose, Neroli or Jasmine to the soap for the added fragrance and skin soothing benefits. A couple Tablespoons of bubble bath added to flowing water will enhance any bath time experience.

My favorite essential oils for Bubble Bath are [Lavender](#), [Jasmine](#), [Orange](#), [Rhododendron](#), [Ylang Ylang](#), [Mandarin](#), [Neroli Petitgrain](#), or [Rosemary](#).

**Salt & Sugar Scrub** - I love this simple and luxurious gift. Mix equal parts sea salt and granulated sugar. In a separate bowl add almond, jojoba, marula or olive oil. Mix the oils and sea salt or sugar mixture until the consistency is like cookie batter. Mix your choice of essential oils into the oil mixture- about 10-15 drops will do. Place mixture in a jar, and you have given the gift of soft skin! You can also keep a jar of this scrub by your kitchen sink to pamper hands after a round of washing dishes.

I love using [Palmarosa](#), [Rose Geranium](#), [Lemon](#) and [Juniper](#) for a cleansing and invigorating scrub.

**Massage Oils** – Winter skin is prone to dryness so this gift is welcome relief all season long. Add 10-15 drops of essential oil per ounce of carrier oil. I recommend [jojoba](#) or [marula](#) oil for this as both oils have minimal fragrance of their own and both have long shelf lives. Add your desired amount of essential oil to carrier oil. Shake well and carefully.

Some of my favorite massage oil combinations are:

**Exotic Spice Oil**

4 drops [Lemongrass](#), 5 drops [Muhuhu](#) and 1 drop [Ginger](#) per ounce of carrier oil

**Warm and Woodsy Oil**

5 drops [Palo Santo](#), 2 drops [Orange](#), 2 drops [Cedar](#) and 2 drops [Laurel](#) per ounce of carrier oil

**Invigorating Massage Oil**

5 drops [Rosemary](#), 3 drops [Pine](#) and 2 drops [Eucalyptus](#) per ounce of carrier oil

**Euphoric Floral Oil**

4 drops [Ylang Ylang](#), 4 drops [Rose Geranium](#) and 3 drops [Jasmine](#) per ounce of carrier oil

**Nourishing Skin Oil**

4 drops [Carrot Seed](#), 4 drops [Sandalwood](#) and 2 drops [Cistus](#) per ounce of carrier oil.

Note that you can add more or less of any oil to suit your tastes. Please do a patch test on sensitive skin and avoid direct use near mucous membranes.

Please post your favorite Essential Oil combinations for bath and beauty products and let me know how your Aromatherapy Bath Gifts turn out!

This entry was posted in [Blog](#), [Taya Malakian](#) on [November 29, 2012](#) by [Floracopeia Staff](#).