

Title Options:

Bathing Better: Bath Ingredients for The Ultimate Soak

Bath Math: Common Bath Ingredients You Need

Bath Basics: Ingredients That Won't Let You Down

Let's talk about bath ingredients!

Every once in a while a good soak in the tub may be just what you need to not only melt away daily stressors but can also act as a way to escape for an hour or two from a busy schedule and an ever-piling list of e-mails. But, what bathing ingredients should you be looking for when it is time to drift off to a suds-covered world?

EPSOM SALTS

Let's start with the basics — Epsom salts. These restorative salts are a staple ingredient when it comes to indulging in a long bath soak. Their healing powers are a proven fact and aid in recharging sore muscles and weary spirits. Epsom salts can come in many different scent types with different purposes. Some common Epsom salt options include the basic magnesium sulfate sometimes mixed with Himalayan salt for added benefits.

Some Epsom soaks are also mixed with essential oils to add scent as well. Make sure your Epsom salt is USP-grade (United States Pharmaceutical), as this ensures it is quality controlled and pure. Epsom salts are a simple and easy way to get your soak on while achieving the curative powers of this fundamental ingredient.

MILK

Milk has been used for centuries in bathing culture dating back to even Cleopatra herself. Milk baths are perfect for achieving silky, smooth skin and are currently a major trend. Through the power of lactic acid, exfoliation aids in discarding dead skin cells adding yet another benefit to partaking in a milky bath.

Milk baths are also super hydrating and can help dry, cracked skin reach its glowing potential. Traditional milk baths can be composed of goat or cow's milk, while newer versions are made up of coconut milk and milk powders. This stellar ingredient is a must-have for any of your bathing needs when it comes to gentle exfoliation with superior hydration.

LAVENDER

What is it about the smell of lavender that instantly calms us down? The calming effect lavender gives off is everything a bath ingredient should aspire to be. What better ingredient could you possibly add to your next bath? Lavender not only smells heavenly but also reduces redness and irritation within the skin. Think major sunburn, bug bites, or even a bacterial infection and lavender's invigorating powers will have your skin feeling more like itself in no time.

SEAWEED

If you are looking for a way to detoxify skin, seaweed may be the ingredient you need in your next bath. Seaweed is known for its ability to release toxins from the skin, while also reducing inflammation from acne, eczema, and psoriasis. A perfect option for your next back-acne flareup or when your skin just needs a major pick-me-up. Seaweed is also associated with the benefits of body toning, so consider it an added bonus to this already wonderful bath ingredient.

EUCALYPTUS

Another staple in most bath mixtures, eucalyptus is another clear-cut choice for so many reasons. Eucalyptus calms irritated skin and also promotes faster healing time for cuts and scrapes.

Due to its powerful scent, eucalyptus can open up congested pathways within the body, including the nose, making it a good idea for when allergies may be weighing you down. It also rejuvenates sore muscles and can be paired with Epsom salts for the ultimate bath experience.

CITRUS

Citrus baths are making their debut as vitamin C and citrus peels are added to baths for their glowing skin benefits and their ability to aid in detoxification as well. Not only does a citrus bath revive tired skin, but also promotes circulation — hence the great glow!

Citrus baths are super popular in Japan and are most commonly taken in the winter to reduce sensitivity to catching a cold. Plus, let's not forget about the smell! A good citrus-based bath will have you feeling like you are in the tropics, relaxing on a warm beach.

We all need a good soak in the bath now and again and with help from these powerful, stimulating ingredients, a good soak in the tub should become a cinch! These ingredients are universally found and are easy to find in most common shops and stores. So, the next time you feel like indulging in one remember that these ingredients are here to enhance your bathing experience.