

## TOP TIPS FOR THE TUB

- Never take a bath on a full stomach; it can cause indigestion.
- To maximise your bath's therapeutic benefits, dry-brush your body before you get in. This removes dead skin cells and improves absorption of oils.
- Support your head with a rolled up towel or bath pillow, so you can really relax.
- Always dilute essential oils in a tablespoon of plain carrier oil, e.g. almond, or honey. This distributes the oil through the water and avoids 'hot spots' that can burn your skin; it also provides bonus conditioning benefits.
- Don't soak for longer than 20 minutes, as too-long baths can dry out skin. Afterwards, wrap up warmly in a cosy robe and slippers and treat yourself to a piping hot cup of organic hot chocolate for a blissfully relaxing evening.



**Malka Spice Bath Syrup**  
(\$23.00 for 100 ml; [www.malka.com.au](http://www.malka.com.au))  
Contains honey to nourish and protect skin and essential oils of rosemary and lemon to restore and revitalise. Excellent for tired and sore muscles.