

THREE SEASONS AYURVEDA



Herbal Bath Regime



This blend of organic herbs increases the circulation of the body but stimulates, cleanses and moisturizes the skin, drawing out impurities and relaxing the nervous system.

Directions:

1. Add 1/2 cup of the herbal mixture to 2 cups of boiling water, simmer for 5 minutes, turn heat off, strain herbs from water and add to you bath water.

<u>Ingredient</u>	<u>Energetics</u>	<u>Dosha</u>	<u>Actions</u>
Rosemary	Pu, Bi/W	KV-P+	Diaphoretic, circulatory stimulant, anti-depressant & antiseptic
Basil	Pu/W	VK-P+	Diaphoretic, nervine sedative & reduces heat in body
Thyme	Pu/W	VK-P+	Nervine tonic and stimulant
Sage	Pu, Bi, As/W	KV-P+	Diaphoretic, expectorant, softener & nervine tonic
Lavender	Pu/C	PK-Vo	Reduces all skin ailments, moisturizing & improves respiration
Rose	Bi, Pu, As, Sw/C	VPK=	Moisturizer, cooling & calms the nervous system



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