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Make a Vanilla-Ginger Milk Bath

By: Mindy Terry

Here's a relaxing, skin-softening bath soak you can make at home.

Ahh, the new year—it's full of new possibilities, new beginnings, and new challenges. And sometimes all of this newness sounds a bit exhausting! These raised expectations often leave people needing a little lift come late-January.

Luckily, a few familiar scents left over from the holiday season may offer some pleasant and unexpected benefits. Vanilla is often used in aromatherapy to treat depression, and ginger is known for health benefits like alleviating headaches, menstrual cramps, and nausea. Cinnamon, according to one study, boosts cognitive function and memory.



While you raise your spirits, why not perk up your body with a long bath to wash away the stressors of the day? This Vanilla-Ginger Milk Bath is not only divine, it is also a great treatment for dry winter skin.

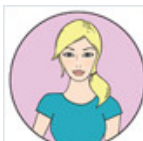
Vanilla-Ginger Milk Bath

Add 2 tsp. vanilla, 3 tsp. ginger (freshly grated or powdered), and 1 tsp. cinnamon to ½ cup honey and blend. Add the honey mixture and ½ cup dry milk to warm running bath water. Relax and enjoy.

Notes

- This bath is best enjoyed fresh. Do not mix larger quantities and store for future use.
- To enhance the skin-softening benefits, use a loofah or coarse washcloth. Working from the upper chest down, massage each part of the body in circular motions while in the bath.
- If unpeeled, fresh ginger can be stored in the refrigerator for up to three weeks. In the freezer, ginger will keep for up to six months.
- For tubs with jets, this bath foams nicely. If using freshly grated ginger, consider placing it in a muslin tea bag before putting it in the bath to prevent the ginger from clogging the jets.

Image: Veer Photography



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With 17 years in the spa industry, Mindy Terry is the Founder and President of *Creative Spa Concepts*. Terry is also a licensed cosmetologist, aesthetician, yoga instructor, and certified infant massage instructor.

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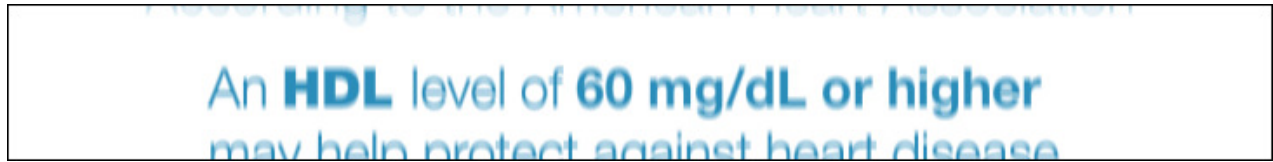
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