



SOAK YOUR TROUBLES AWAY WITH HOMEMADE TUB TEA

Posted on December 1, 2020 by Elisha Chhabra

Nothing soothes the soul like a good warm bath—especially when the bath contains herbs, nourishing essential oils, and salts. But you know what’s not soothing? Cleaning the tub afterward.

An herbal bath is luxurious but can leave bits and pieces to clean up after the water has drained. The best solution to this type of problem is tub teabags. Tub tea is a mess-free bath, with herbs, salts, and other bath-time joys packed into a recyclable muslin teabag or cheesecloth. When you are done, empty the ingredients and reuse the bag, or simply toss the bag in the trash. It is the perfect way to relax in the cold winter months, and the ingredients will do wonders.

Benefits of Herbal Bathing

- Calm your nerves (and your entire nervous system).
- Encourage quiet and calm sleep.
- Moisturize your skin.
- Relax your body.
- Stimulate blood flow.
- Stimulate digestion.

Ingredients and Their Importance

Dried herbs

Any herb that you can use in herbal tea to drink can be used for a tub tea. There are certain herbs that can help you with specific physical states and will offer benefits of relaxation and ease.

Lavender, calendula, and chamomile are the best additions to a tub tea. If you want to elevate the experience, you can add dry or fresh roses, which will help to tone the skin.

- **Lavender:** This is a great ingredient for a little sachet.

It has antiseptic and anti-inflammatory properties and is commonly used in aromatherapy.

It helps reduce stress and fungal infection and treats mild pain.

The pleasant fragrance of this herb helps to promote calmness and wellness.

Related: [5 Calming Herbs to Soothe Anxiety](#)

- **Calendula:** This is a must-have herb for a tub tea.

It is a soothing and healing herb that treats your dry skin very effectively.

It is used to treat ailments affecting the skin, such as wounds, rashes, and infections.

It also reduces pain and inflammation.

Related: [How To Make a Powerful Calendula Extract to Keep in Your Medicine Cabinet \(with pictures\)](#)

Chamomile: This herb is very kind to your skin.

If you are suffering from adult acne or just want a glowing complexion, it can do wonders.

It is also used for muscle spasms, wounds, gastrointestinal disorders, rheumatic pain, and hemorrhoids.

Furthermore, it reduces stress and promotes sleep.

Related: [Just like Xanax, the Anxiety Relieving Plant That Grows in Your Backyard](#)

- Other than lavender, chamomile, and calendula, there are also some soothing supportive relaxing ingredients, such as hops, lemon balm, passionflower, and sage.

If you need to calm sore joints (as in the case of arthritis), add bay leaves, lavender flowers, or sage leaves.

Epsom salts:

Also known as magnesium sulfate, these are quite bitter and unpalatable.

Epsom salts help relax muscles and relieve pain in the shoulders, neck, back, and skull. In the case of the skull, it relaxes the muscles surrounding the skull, and the magnesium in Epsom salts may help release a headache or migraine.

It also helps stabilize mood and relieves stress, anxiety, and depression.

Essential oils:

These are compounds extracted from plants and have a unique aromatic fragrance. They boost your energy levels and calm your nerves while retaining your focus. They are used to treat a variety of skin conditions and relieve pain from sore muscles or joints.

There are many essential oils present in the market, and you can opt for those that meet your preferences:

- **Bergamot:** This is used to improve skin conditions like eczema and reduce stress.
- **Chamomile:** This is used to improve mood and provide relaxation.

- **Jasmine:** This is used to help with depression.
- **Lavender:** This is used to relieve stress.
- **Lemon:** This is used to aid digestion, relieve headaches, improve mood, and more.
- **Peppermint:** This is used to boost energy and aid digestion.
- **Rose:** This is used to reduce anxiety and improve mood.
- **Sandalwood:** This is used to calm nerves and help with focus.
- **Tea Tree:** This is used to fight infections and boost immunity.

Related: [The Complete List of Essential Oil Substitutes](#)

How to Make Tub Tea

A simple and easiest way of filling up the muslin tea bag/ cheesecloth with herbs, salts, essential oils makes great tub tea. It is a perfect way to find a moment of calm while pampering your skin.

Time to make tub tea bags is 5 mins

Equipment: Reusable muslin tea bags or cheesecloth

Ingredients: (for 5 bags)

- 1/8 cup lavender buds
- 1/8 cup chamomile buds
- 1/8 cup calendula buds
- 2 cups of Epsom salt
- 1 cup baking soda
- ½ cup powdered milk
- 15-20 drops of essential oils of your choosing

Adding some powdered milk softens and soothes the skin while loosening any dead skin cells and baking soda treats yeast infections as well as certain itchy skin conditions.

Instructions:

1. Combine all the ingredients as per the mentioned measurements in a small bowl and mix it well.
2. Put all the ingredients into the muslin tea bags or cheesecloth until the bag is 2/3 of the way full.
3. Tighten up the string of the bag or use any thread to tie up the mouth of the bag.
4. Place it in the tub or drape it over the faucet. Let the water run through it while the tub fills. Allow the herbs to infuse the bathwater for around 15 to 20 mins.
5. After that, splash around and enjoy your luxurious, relaxing, herbs infused scented bath!

Notes:

- You can add dried or fresh herbs that can be easily found at your local grocery store.
- You can make around 5 bags with the number of ingredients mentioned and put extra bags in an airtight glass jar.
- Toss the herbs in the trash after use and rinse the teabag so you can use it again later.

You may also like:

[**46 Best Teas for Every Ailment**](#)

[**1 Cup Before Bed Shrinks Belly Fat All Night**](#) (Video)

[**Get Rid of Headaches Right Now With This Tea**](#)

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[**God's Pharmacy: 10 Medicinal Plants from the Bible**](#)

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Comments



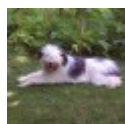
Donna Marie Campbell – 2021-06-15 23:54:25

Can these ingredients be purchased through your website. So many amazing recipes but no instructions to where to get the ingredients I am frustrated that the source of finding the ingredients Where can the plants be purchased or the seeds



Suzanne – 2021-06-04 18:52:09

Thanks Melonie, you seem very pleased with the teas. ☺



Suzanne – 2021-06-04 18:49:41

Can't wait to try this. I have the ingredients, woohoo. Since I have severe Osteoarthritis from my head to my toes it sounds like it will be soothing. Thank you ☺



Melonie – 2020-12-10 18:30:26

I have started making these!!! OMG, everybody! I installed a clawfoot bathtub on my front porch overlooking my farm. I bathe in it almost every night. I think it is one of the best things I have ever done for myself. These bathtub teas are the topper to an already amazing experience. Thank you so much for sharing!



The Lost Herbs – 2020-12-08 16:29:24

Hi Glenda, You can always turn your shower into something a bit more enjoyable when you don't have a bathtub to soak in. One of the most popular aromatherapy plants is Eucalyptus. You can have the plant in the shower, or you can keep it near the shower. The mist and moisture from the shower are more than enough to activate the effects of the plant, which then can help with respiratory problems, including reducing congestion. Another option is the shower steamer. Shower steamers are small discs made up of mostly baking soda and essential oils that you place on the shower floor to slowly release the aroma from the oils. And they are super simple to make at home. God bless!



The Lost Herbs - 2020-12-08 16:22:50

Hi Ann, Thank you so much for sharing this natural remedy with us. God bless!



Glenda Barton - 2020-12-05 17:33:13

I wish I could do this. I frustrated because every place that I have lived in this town recently has only a shower. It's like landlords are only outfitting apartments with showers now. I wish there was some way to get the benefits in a shower



Ann - 2020-12-05 11:57:12

In the past I have made a similiar item. Using clean cut off panty hose filled with raw oats and tied off. Whenever my children needed relief from some skin irritation. This was always a winner in my family.



The Lost Herbs - 2020-12-02 14:09:38

Hi Daniel, Thank you so much for your comment. We are glad you liked our article. God bless!



The Lost Herbs - 2020-12-02 14:08:54

Hi Yolanda, We are glad to hear that this article was in tune with your thoughts :) Please let us know if you made yourself that well-deserved Bathtub Tea . God bless!



Yolanda Belvin - 2020-12-01 18:46:55

OMG!!!!!! I must say that the Spirit is definitely operating. Why on this day on my way to work I was saying to myself, Yolanda, if tea is so good for us internally, it should be just as good for our body. I said, wouldn't it be nice to soak in some tea, hmm?? I am so elated that you have found this same thing to be true. I truly believe that this is the purpose, Ask and ye shall receive, amen and thank you for your continued commitment to this cause.



DANIEL POLONIA - 2020-12-01 14:46:46

Thanks, that sounds so good! Trying to buy those components so I can make them.
Daniel Polonia