

Lavender Sensations

Fragrant Herbs for Home & Bath

Gloria Hander Lyons



Blue Sage Press

Lavender Sensations
Fragrant Herbs for Home & Bath

Copyright © 2007 by Gloria Hander Lyons

All Rights Reserved. No part of this book may be reproduced or utilized in any form or by any means, electronic or mechanical, including but not limited to photocopying, recording, or by any information storage and retrieval system without the prior written permission of the author.

Inquires should be addressed to:

Blue Sage Press
48 Borondo Pines
La Marque, TX 77568
www.BlueSagePress.com

ISBN: 978-0-9790618-8-2

Library of Congress Control Number: 2007908075

First Edition: November, 2007

The information in this book is true and complete to the best of our knowledge. All recommendations are made without guarantee on the part of the author or Blue Sage Press. The author and publisher disclaim any liability in connection with the use of this information.

Printed in the United States of America

Table of Contents

Introduction.....	1
Bath & Body Products	3
Herbal Bath Mixtures	4
Bath Salts	8
Soap	9
Shower Bags	12
Bath Tea Bags.....	13
Beauty Scrubs	14
Foot Soak.....	16
Aroma Therapy	17
Sleep Pillows	19
Headache Pillows.....	20
Travel Pillows	21
Eye Pillows	22
Sachets	23
Potpourri	25
Household Products	27
Clothes Dryer Sachets.....	28
Car Sachets	29
Closet Sachets.....	30
Hot Pads and Mats.....	31
Pomanders.....	33
Carpet Freshener	35
Fire Starter Bundles	36
Culinary Crafting	37
Tasty treats and mixes to give as gifts	
Fabric Gift Bags.....	51
Instructions for making gift bags to present your gifts	



Lavender has been a favorite herb for centuries. During ancient times, the Greeks and Romans bathed in lavender-scented water. The name lavender comes from the Latin word "lavare" which means "to wash".



Lavender Sensations: Fragrant Herbs for Home & Bath



A field of lavender is a beautiful sight to behold. Its fragrant, purple flowers, soothing aroma and distinctive flavor make it desirable for crafting hundreds of products for personal, culinary or household use.

You can use it to concoct a relaxing herbal bath mixture, a stimulating beauty scrub, or a soothing foot soak.

Its aroma can help reduce stress, encourage sleep or relieve headaches when used in the form of herbal sleep pillows or eye pillows.

Sachets, a smaller version of sleep pillows, can scent your linens, perfume your lingerie drawer or repel bugs in your closets.

Lavender potpourris or pomanders introduce a wonderful fragrance to your home or closets.

You can also use lavender for crafting a wide range of culinary dishes. French chefs have used it for centuries to add its sweet, floral flavor to their cuisine.

Spark your gift-giving creativity and delight your friends, family and co-workers when you present them with delicious lavender-flavored treats and mixes.

This book includes more than 40 craft projects and recipes for using dried lavender to make bath and body products that help promote relaxation, plus fragrant sachets and potpourri's to scent your home, and delectable goodies for gifts.

If you're an avid gardener, growing and drying your own lavender is easy to do. Not only will you reap the benefits of this beautiful, fragrant herb for personal, culinary and household use, it will add beauty outside your home, as well.

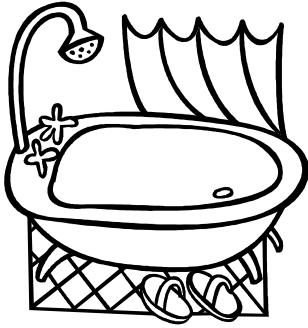
Growing your own lavender is not a requirement, however; you can buy dried lavender buds for use in cooking and crafting. Just make sure the herbs you purchase have not been sprayed with any pesticides.

If you don't have a local source for buying dried lavender and other herbs for making the projects in this book, you can find mail order sources through the Internet. A couple of sources that I have used are listed in the ordering information following the index.

Whether you're crafting soothing bath and body products or mixing up a tasty recipe, lavender is a welcome and versatile herb to have on hand.

Lavender Bath & Body Products





Lavender Bath & Body Products

Everyone enjoys a relaxing, hot bath, but adding fragrant herbs to the steamy water makes bathing a luxurious treat.

You can customize the bath to your needs, whether it's relaxing, stimulating, soothing, moisturizing or simply fragrant, by changing the herbs in your bath mixture:

- For a relaxing bath, use a blend of the following herbs: lavender, chamomile, lemon verbena or roses.
- For an energizing bath, stir up a mixture of these herbs: lavender, rosemary, peppermint, rose geranium, jasmine or lemon balm.
- For an all-purpose herbal bath, combine equal amounts of lavender, rosemary, peppermint, lemon verbena and roses.

Bath Time Tip: Never add loose herbs directly to the bath water. They will stick to your skin, as well as the sides of the tub, and may also clog your drain.

There are three methods for preparing herbal baths:

- **Infusion:** Pour 4 cups of boiling water over 1/4 cup of herbs and steep for 15-20 minutes. Strain the herb-infused water and add it to your bath water.
- **Decoction:** Boil 1/4 cup of herbs in 1 cup of water for 20 minutes. Strain and add to the bath water.
- **Bath Bag:** Place several tablespoons of herbs in a small muslin drawstring bag and hang the bag from the tub faucet under the running water. You can also add the bag to the water and rub it on your skin while bathing.

NOTE: Allergic reactions can occur with any herbal ingredient. Be sure to test any bath mixture on a small area of skin before using in the bath. Pregnant women should avoid using homemade herbal products. Make sure the herbs you use have not been sprayed with any pesticides.

Try crafting a few of the following bath and body products for your own personal use or to give as gifts to family or friends.



Soothing Lavender Oatmeal Bath

Adding oatmeal to this bath mixture helps to moisturize the skin.

- 1 cup oatmeal
- 1/2 cup cornmeal
- 1/2 cup dried lavender buds
- 1/4 cup dried rosemary
- 2 tablespoons powdered milk

Process oatmeal in a food processor until finely ground. Add remaining ingredients and process until well blended. Store in an airtight container.

To Use: Fill a small draw-string muslin bag with about 2 tablespoons of the mixture. Place under faucet while running the water for your bath.

You can also toss the bag into the bath water and rub it on your skin while bathing.

