



## Bay Laurel Mint Bath

**Mint, bay leaves, almond and coconut combine for a soothing bath.**

(from Nature's Medicine Cabinet by Bruce Burnett)

This recipe will ease and relax tired muscles after a hard day's work.

Ingredients 1/2 cup dried mint leaves 1 cup bay leaves, chopped 1 tsp. coconut oil 1 tsp. almond extract

### Preparation

Toss all the ingredients in a mixing bowl, then place in a 1-square-foot piece of cheesecloth. Tie with string and submerge it under very hot, running bath water. Allow the bath water to cool to a comfortable temperature while the bouquet infuses.

Relax in the bath for at least 30 minutes, adding warm water to maintain a comfortable temperature.