

## *Herbal Rose Bath*

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- 1 cup chamomile
- 1 cup linden leaves
- 1 cup rose petals
- 1 cup catnip

The hydrating effect of roses, and the soothing effect of chamomile, make for an herbal bath that will soothe the nerves and pacify the mind.

Mix the herbs together in a large container. Pour 4 cups of boiling water over 1 cup of the mixture and let steep until cool. Strain and pour into the bath.



I'D RATHER HAVE  
ROSES ON MY TABLE  
THAN DIAMONDS  
ON MY NECK.

— EMMA GOLDMAN

## *Victorian Facial Scrub*

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This was used to soften and smooth the complexion of Victorian ladies.

- 1 Cup Rose Petals
- 1 Cup Lavender Flowers
- 1 Cup Whole Oatmeal
- 1/2 Cup Chopped Almonds

Coffee Grinder, Food Processor or Blender

1. Grind together all the ingredients until the texture is quite fine. Store in an air tight container.
2. To use the scrub, rub a handful gently onto damp skin in small, circular motions. Allow it to dry on the skin for a minute or so, then rinse off.