



Shower Soothers

Ingredients

1 cup baking soda

1/4 cup to 1/3 cup of distilled water

Approx. 25 drops of essential oils (see potential blends below to customize your shower soothers for relaxation or congestion)

Instructions

1. Mix baking soda with distilled water, just enough to make a thick paste
2. Add 15-25 drops of each desired essential oil. See list of possible combinations below.
3. Mix all ingredients together until well combined.
4. Put in silicone or metal cupcake baking pans.
5. Set Soothers: Leave in a dry place overnight for 12-18 hrs. Or Bake in a 250 oven for 60-75 minutes, until firm.
6. Store in an airtight container.

Soother Scents

Tranquility

To reduce stress and invoke tranquility for a spa like sanctuary, promote calming and relaxation with one of the below blends.

Add 15-25 drops of each oil

- lavender + orange + frankincense
- lavender + bergamot + ylang ylang
- eucalyptus + spearmint
- ylang ylang + orange + cedarwood
- patchouli + sandalwood

Breathe Deep

When a winter cold hits, take a warm shower with one of the blends below to open the airways for a restful night's slumber.

Add 15-25 drops of each oil

- peppermint + eucalyptus + lavender
- rosemary + eucalyptus + lavender
- thyme + lime + eucalyptus
- cedarwood + rosemary + orange + frankincense

Enjoy the Soothing Smells:

Place in the corner of the shower out of direct spray and let the aromatherapy work its magic!

Use good quality oils, lavender is my favorite scent for relaxation, [here's the brand I use and love.](#)

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