

## Itch Soothing Bath Formula

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### Ingredients

2-3 Tbsp Extra Virgin Olive Oil

¼ cup Baking Soda

½ cup Organic Oats, Ground (can be ground at home with coffee grinder or blender)

1. Add ingredients to warm bathwater and mix well
2. Soak for 15-20 minutes in tub

*\*Note: recipe can be scaled down for baby tubs: 2-3 Tsp olive oil, 1 Tbsp baking soda, 2 Tbsp oats*

This bath formula helps to soothe itchy or irritated skin, and leave the skin moisturized after bathing. Contrast this to a typical bath which is drying to the skin as the water evaporates shortly after exiting the bath.

The olive oil is a natural skin emollient and moisturizer, while the baking soda serves to increase the pH of the skin (alkalinizing effect), which soothes itchiness. Oats have been used historically for centuries as a natural itch-relieving ingredient and to moisturize the skin. It is theorized that the naturally-occurring compounds in oatmeal, avenanthramides and phenols, have anti-inflammatory properties. Also, proteins in oats hold water close to the skin, which provides the moisturizing effect.

*\*\*CAUTION: Please note that the ingredients in this formula, by nature of their moisturizing effects, cause the tub to become slippery. Be extremely careful when exiting the tub to ensure you do not slip.*