

## Vapor Bath Elixir™



### INSPIRATION:

It's green! A vibrant blend of herbs, chlorophyll, and warming essential oils to purify and decongest the muscles and the mind. It's a "spa in a bottle".

4 oz. clear glass apothecary bottle

**INGREDIENTS:** chlorophyll (alfalfa), menthol, clove, eucalyptus, lavender, geranium and white camphor essential oils with acylglutamate (derived from sugarcane), witch hazel and vegetable glycerin

Chlorophyll	Known as liquid sunshine, liquid chlorophyll is nontoxic and soothing to body tissues when applied in an external bath. It is safe for use by people of all ages, helping neutralize body odors and act as a natural deodorant and purifying agent.
Menthol	A soothing compound derived from the peppermint plant. If used in small amounts, menthol generates a cool heat, activated by the friction of "rubbing". This works to relax, soothe, and release muscles tight from over-exertion, or inactivity. Menthol also releases a vapor when rubbed into the skin, which makes it desirable for use in upper respiratory ailments and sinus infections. Farmaesthetics uses this ingredient to super-charge the effects of the essential oils used to accompany it in formulations. When used with other essential oils, the menthol joins with them and enhances their vaporizing effect.
Clove Essential Oil	Long used to treat fungal infections, the kind that impact nail beds, cuticles, and feet, clove is an anti bacterial as well. It has powerful local antiseptic and mild anesthetic actions, and recently scientific researchers have discovered what traditionalists have known for centuries - that like many spices, clove contains antioxidants to help prevent cell damage.
Eucalyptus Essential Oil	Best known as a decongestant and inhalation for colds. It is less known, but highly valued for its bactericidal and antiviral action. It not only relieves nasal congestion, but also is known to actually inhibit the proliferation of the cold virus. In massage, it is relieving to muscular aches and pains.
Lavender Essential Oil	Lavender is the herb Farmaesthetics uses most in its skincare preparations, as it is the most versatile, with uses ranging from decongestant to sedative. This versatility is due to the complexity of the herb's chemistry and its numerous active constituents. It is best summed up, as a calming, soothing and above all balancing herb, (that smells wonderful!). It stimulates and rejuvenates the skin and restores the skin's natural balance in oil production. It also stimulates sore, exhausted muscles and soothes the nerves, while acting as an aromatic astringent.

Geranium Essential Oil	Oil derived from the geranium flower. Like virtually all the flower oils, it is an anti depressant and antiseptic and is valued for its astringent and antiseptic properties. Also used in herbal skincare preparations for its powerful action in balancing oil (sebum) production. Use for excessively dry skin, excessively oily skin and for everything in between ... this is the balancing action that makes this and most herbs so effective ... geranium maintains the natural PH balance of the skin.
White camphor essential oil	Derived from the fruit of an evergreen tree. Known for its value in treating colds, chills, and inflammatory complaints, it relieves skin irritation. In cases of nervous excitement, it has a soothing and quieting result
Glutamate (aclyglutamate)	A delicate cleansing agent derived from natural sugar cane; adds the slip to the preparations as well as the gentle action of removing excess oil.
Witch Hazel	As a skin tonic, Witch Hazel tightens loose tissue and is an effective astringent and toning agent, especially for skin that is beginning to slack. An excellent cleansing agent for hands, face, and feet. Overall, Farmaesthetics thinks witch hazel is one of nature's most useful herbs, and it is the perfect base for many of its skincare preparations.
Vegetable glycerin	A sweet syrupy substance naturally derived from vegetable oils. Used as a humectant, it actually attracts moisture from the air and binds it to the skin's surface. It also provides a protective barrier on the skin so as to retain its moisture. When applied as a finishing spray to face and body it leaves a dewy, "glistening" appearance to the skin.

#### **APPLICATIONS AND BENEFITS:**

Place two capfuls of our fresh green bath elixir into a tub of hot water to experience a powerful, yet relaxing, herbal vapor soak. This fragrant preparation will help cleanse the system and relieve tension and congestion inside and out. For a deodorizing footbath, place elixir and feet into basin of hot water and soak; or use in a vapor tent to steam and clear clogged pores, sinuses, or nasal congestion. A potent blend of essential oils to activate and oxygenate the entire system.

*For external use only.*