



DIY Creamy “Sit Back & Relax” Bath Soak, Silky Flax & Lavender Acupressure Eye Pillow, & Calming Linen Spray.

The holidays are here and I’m enjoying every moment. I’ve bypassed all the stress and holiday hassle by turning off the technology and turning up the creativity.

You see, like most folks, I used to suffer from holiday stress and the holiday blues. But, this year, I’ve freed myself from the things that caused me to feel stressed and down, like wasting endless hours of my time hunting Amazon, or dashing around town spending ridiculous amounts of money on silly gifts.

My holiday ease has rubbed off on my family too. Ben and the boys have stepped back into a relaxed and healthy groove and our home feels calm and truly peaceful. We’re all making it a point to celebrate every magical holiday moment together and to shower as much love, joy, and hand made gifts on our family and friends as possible.

And, to no surprise, we’ve found that avoiding technology, traffic, and the mall, along with getting things done well in advance, has increased our relaxed state of mind.

In this workshop I’m going to help you get into your own healthy and relaxed holiday groove. I’m going to guide you through a relaxation themed project that will keep you out of the mall and help you get a head start on your holiday gift making.

You’re going to learn how to make a luxurious creamy bath soak, a silky flax and lavender filled eye pillow, and a beautiful holiday scented linen spray.

So, brew up a hot tea, grab a cozy blanket, and hang out with me as I walk you through this extremely easy three piece holiday gift project.

Creamy “Sit Back & Relax” Bath Soak

I formulated this luxurious bath soak for three specific reasons: to moisturize rough winter skin, to calm itchy skin, and to relax the body and mind. My recipe includes organic powdered milk, organic Colloidal oats, organic coconut oil, magnesium salts, Dead Sea salt, dried lavender, dried chamomile, and lavender essential oil; ingredients that do exactly as I intended, they moisturize, soothe, and calm.

They do the job so well that you’re going to want to reserve a batch or two for your own use. I always have a large canister of my creamy bath soak in the linen closet and use it at least once a week. I also add a scoop or two into my boy’s nighttime baths. The lavender and magnesium calms them down and helps to make the transition from wake time to sleep time less abrupt. If your friends, their children, or anyone else you know has trouble falling to sleep, definitely gift this bath soak to them.

You might have used bath soaks in the past, and if you have, you’re probably familiar with the traditional milk, oatmeal and magnesium soaks. This is for good reason. Milk and oatmeal have long been used to soothe and moisturize skin and magnesium is a popular natural relaxant for the body, mind, and for the bowels.

In my recipe, I combine the most powerful traditional ingredients with creamy coconut oil, healing salts, and fragrant herbs that are comforting, relaxing, and safe for prolonged soaks.

I always recommend using organic ingredients in the soak. I also recommend using organic Colloidal oats instead of common rolled oats. Colloidal oats are finely ground and completely dissolve in bath water. If you can’t find Colloidal oats, you can make your own. Simply blend

organic rolled oats, in a coffee grinder, until finely ground. Think espresso fine.

I also suggest that you creatively package the bath soak and add a little gift tag that lists the ingredients. Each time I make and gift my creamy bath soak, I get plenty of recipe requests. So, go ahead and make the recipe part of the gift.

Sit Back & Relax Bath Soak

- ¼- cup organic [dried milk](#)
- ¼- cup organic Colloidal oats
- 1/3-cup magnesium salts
- 1/3-cup [Dead Sea Salt](#)
- ½- cup dried lavender
- ½-cup dried chamomile
- 10 drops lavender essential oil
- 1-tablespoon organic coconut oil
- Love

Combine all ingredients in a medium sized bowl and gently marry all ingredients until there are no visible clumps. You'll notice that the coconut oil will melt and infuse into the dry ingredients.

When the ingredients are well combined, go ahead and toss into a large container, cover tightly, and give a few shakes. This step ensures an evenly balanced mixture.

After your mix is good to go, scoop the combined ingredients into jars, reusable tins, wooden boxes, or any other containers that have fitted lids. I often use small cellophane cones and small paper bags, secured with a ribbon and gift tag, for a simple look.

After you package the soak, don't worry about wrap. A good idea is to tie a ribbon around the container, add a sweet gift tag, and place under the tree. The container will look stunning "as is" and skipping the wrap will save you money and time.

Silky Flax & Lavender Acupressure Eye Pillow

After you've made the bath soak, get out your sewing machine, or needle and thread. It's time to make the second component to our holiday gift set, a silky flax and lavender filled acupressure eye pillow. Simple. Beautiful. Relaxing.

If you didn't know, eye pillows are a real treat for tired and overly "screened" eyes. Again, like the bath soak, if you're making the eye pillows in bulk, make one for yourself. Even if you only spend a bit of time scrolling through your emails, your eyes are still exposed to that horrible glare of the computer screen, and, if you pay attention to what you're doing while you're scrolling, I bet you'll find yourself squinting. This causes tired tense eyes.

Our eyes deserve to be pampered just as much as any other part of our body and that is exactly why I selected this project. You see, acupressure is commonly used, throughout the globe, to reduce stress and tension with gently applied pressure.

Traditionally, acupressure is applied with fingertips, but, with the use of an acupressure pillow, the weight of the flax does the same thing. The perfectly weighted pillow gently massages the orbits, arch of the nose, the under eyes, and brow line. The pillow also does an excellent job of keeping light out of the eyes. An hours rest with a silky flax pillow positioned evenly over the eyes is a wonderful follow-up to a long creamy bath soak.

In my opinion, the most important component to this project is picking out the fabric. Think about it, the fabric will cover the delicate eyes. I recommend, without question, silky fabrics or fine linen.

If you have any silk or linen pillowcases that you no longer use, this is the perfect time to reuse and repurpose. But, don't reuse anything that looks overly used, snagged, or that has rough patterns. Make sure to use the most beautiful and soft fabrics available. This might mean a linen cloth, a silky robe, or even a lightly used super soft t-shirt. Or, you might have to venture to the fabric store.

I also suggest that you keep a theme going throughout this three piece project. If you package the bath soak in glass jars with gold ribbons and soft pink hand lettered tags, make sure that the eye pillow follows in look and feel. For example, use soft pink linen to cover the pillow and gold hand lettered tags tied with gold and pink ribbons. This is just an example, but it is important to pick out a color and packaging theme so that the three piece set looks like a set and not three random gifts. Use your creativity to bring it all together.

Here's what you need and how you do it:

- 8.5 x 8.5 fabric swatches
- Scissors
- Sewing machine or needle and thread
- Bulk whole flax seeds
- Bulk dried herbs
- Small bowls
- Measuring cups
- Funnel

First, pick out your favorite fabric and, after finding a large flat surface, cut 8.5 x 8.5 swatches according to the number of pillows you're making. Next, pick out complementary thread and fill your bobbin, thread your machine, or thread your needle.

Then, measure out 3/4 cup of whole, unground, flax seeds and measure out 1/4 cup of your favorite dried herb

blend and set aside. I love to use a blend of lavender and chamomile.

Now, fold each swatch of fabric in half, with the wrong side of the fabric facing out. Yes, you want the fabric to be folded "inside-out". Next, use a zigzag stitch to sew all three sides of your folded fabric with a machine or basic needle and thread. Make sure to allow a small opening to pour the flax and herbs into the fabric case.

After you have sewn all three sides, make sure there are no holes in the stitching except for the small opening. Use your fingers to gently pull the fabric through the small opening to turn the fabric right side out.

Place a funnel into the small opening and pour in the flax and herbs.

Finally, sew the opening closed and reinforce the area with a basic straight stitch.

Carefully snip any residual threads off of the edges and, voila, the pillow is ready to be beautifully packaged, gifted, and, in the case you're due for an emergency nap, used!

Calming Linen Spray

Finally, let's create the perfect third piece to our beautiful relaxation themed gift package. My holiday scented calming linen spray.

Now, don't worry, this is just as quick and easy as the first two pieces and definitely my favorite, because it can be used anywhere, anytime.

I love to use essential oils, especially in sprays, diffusers, and in lotions. There is so much power within every tiny oily drop and most people have no idea how effective even the smallest dose of sprayed, diffused, or rubbed in oil can be. Natural scents and essential oils are one of the easiest and most pleasurable ways to enhance mental, emotional, and physical wellbeing.

For me, enhanced wellbeing is something I always desire, especially during and after the holidays. I bet you're hoping to keep calm and increase the wellbeing in your household too. Just like our other two projects, reserve a few bottles of my spray for yourself. You'll find yourself spraying it throughout the home, in the car, and even outside the front door to create a warm and calming holiday welcome for all your holiday guests.

So, let's put together our final relaxation component, my very favorite, super simple, and beautifully scented calming linen spray.

Here's what you need and how you do it:

- Small spray bottles with fine misters
- Essential oils
- High-proof vodka

- Distilled water
- Hand made gift tag
- Ribbon

First, purchase new or reusable small spray bottles with fine misters.

Second, choose a combination of essential oils to create a soothing scent with holiday undertones.

Third, make your essential oils mix and fill your bottles.

This is the exact recipe I use to make one small bottle of holiday calm:

- 1 ounce of high-proof vodka
- 15 drops essential oil of chamomile
- 5 drops essential oil of sage
- 5 drops essential oil of bergamot
- 5 drops essential oil of vanilla
- 2 drops essential oil of cinnamon

Add the mixture to a small spray bottle and top with distilled water. You don't have to use any alcohol, but it helps the scent linger longer. I've found, if you want a longer lasting scent, vodka works best.

My blend is definitely a wintry, comforting and calming scent, but, if you want a more energizing holiday spray, use citrus oils with vanilla and cinnamon.

If you plan on using multiple oil and dried herb combinations, I suggest you go ahead and order your [herbs and oils in bulk](#). This will save you money.

Lastly, make sure to create a beautiful gift tag with the oil blend listed and package the spray with the bath soak and eye pillow. Remember to use your creativity, unique signature touch, and always tweak my recipes with plenty of your added love.