



Water Magic: Healing Bath Recipes for the Body, Spirit, and Soul

Mary Muryn

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Sink into a bathtub full of healing

One of life's most delicious pleasures is luxuriating in a bath filled with healing herbs and soothing scents. But a long soak in the tub can do much more than cleanse your body. It can have a healing effect on your mind, heart, and soul.

The recipes in *Water Magic* are designed to take away everything from an aching heart to aching muscles. The combination of herbs and water can relieve the common cold and ease uncommon amounts of stress. Drawing on the unique properties of aromatherapy, herbology, and homeopathic cures, Mary Muryn explains how a careful blend of ingredients can turn a simple bath into a magical healing experience.

The recipes, each accompanied by a meditative affirmation, include:

- * Sleep Like a Baby Bath
- * Executive Stress Bath
- * Horrible Hangover Bath
- * Youthful Glow Bath
- * Mystical Sex Bath

and many more tantalizing, relaxing, and refreshing possibilities.

Let the healing powers of water bring vitality and balance to your mind and spirit.

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