

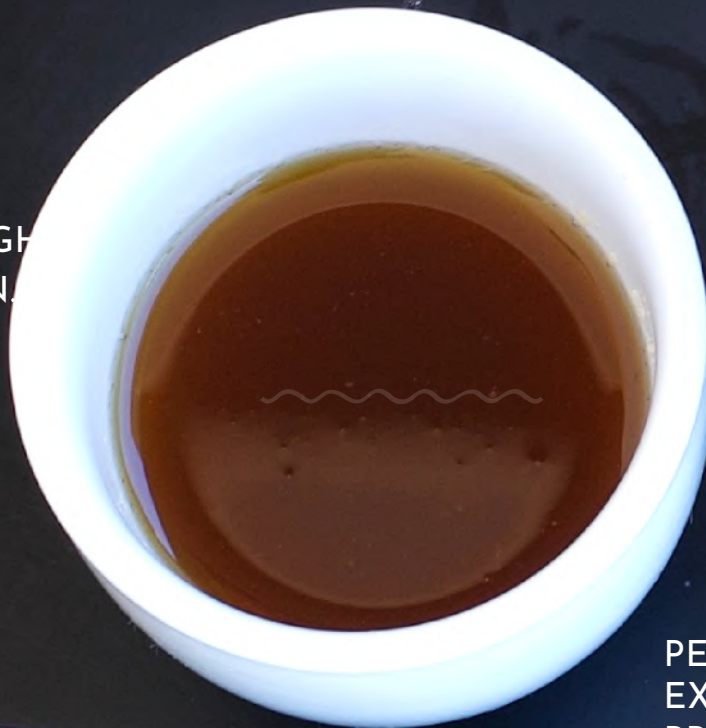
THE SIMPLE SPA

RECIPES & RITUALS FOR A
BEAUTIFUL LIFE.



SEASONAL ALLERGY RELIEF

HONEY IS USED AS A NATURAL EXPECTORANT TO RELIEVE COUGH AND CONGESTION.



PEPPERMINT IS AN EXPECTORANT AND PROVIDES RELIEF FOR ALLERGIES, AS WELL AS COLDS, COUGHS, SINUSITIS, & BRONCHITIS.



GREEN TEA HAS ANTIOXIDANT AND ANTI-INFLAMMATORY PROPERTIES THAT MAY REDUCE ALLERGY SYMPTOMS.



THE SIMPLE SPA

SEASONAL ALLERGIES

RECIPES FOR RELIEF

ALLERGY 'BREW'

INGREDIENTS

On the Mend CBD Oil
On the Mend Bath Soak
Eucalyptus essential oil
Frosted Peppermint essential oil
Boiling Water
Wide bowl

* Optional

Local Honey
Organic Green Tea
Lemons
Moksha Match Green Tea Chocolates

WHY I LOVE THIS RECIPE

I discovered and created this 'magic brew' during one of the worst allergy seasons in 2020. It made so much sense to me to add the peppermint oil spray after we created Frosted. The combination of things continues to evolve. I even made a local honey scrub with On the Mend that felt like an amazing hydrating treat for my dry itchy skin.

This same recipe can be used for sinus congestion and relief from cold and flu symptoms.

HOW TO PREPARE

Start by boiling water and placing a teaspoon of On the Mend scrub into a wide bowl. Dissolve the scrub with the hot water and let it rest until the steam subsides. Place 6-12 drops of Frosted Peppermint Oil into a small spray bottle and use to clear and spray the air around you. Spray a few pumps into the bowl and place your nose and face close to the water and take a few deep breaths. This might make you cough at first and that's o.k. - the peppermint oils and eucalyptus are both expectorants - meant to loosen mucus and ease congestion. so they are good to use as inhalants. Try to keep the steady flow of inhales and exhales until you can breathe clear.

Finish with a salt stone massage using On the Mend Oil and a Himalayan salt stone. The lemongrass, peppermint, eucalyptus, lavender and vetiver oils mixed with CBD allows your body to absorb nutrients and work in a synergistic way that's unique to you.

Enjoy a warm cup of warm lemon water with a Moksha Green Tea Chocolate and enjoy the weather without the stuffy head.





START WITH A DRY BRUSH
BEFORE SHOWERING WITH
ON THE MEND BODY SCRUB
& FROSTED PEPPERMINT SPRAY.



HOW
TO
USE
IN THE
SHOWER
& BATH.





FRESHLY ALIGNED BATH SOAK OR SHOWER EXPERIENCE.

For a full body DIY Spa treatment, start with sipping some honey green tea brew before a gentle dry brush session to remove pollen and toxins before stepping into a steamy peppermint eucalyptus shower. Finish with a salt stone massage with On the Mend and breathe deep.

Use the Frosted Peppermint Spray as an inhalation before stepping into the shower.

ORGANIC GREEN TEA AND HONEY
*Pair with Moksha Matcha Green Tea Chocolate
FROSTED PEPPERMINT SHOWER SPRAY
ON THE MEND SHOWER SCRUB
ON THE MEND SALT STONE MASSAGE.

*NOT INTENDED TO TREAT, DIAGNOSE ANY MEDICAL CONDITION.