



sweet soak

Nothing is more relaxing than lighting some candles, turning on your favorite music, and immersing yourself in a luxuriously fragrant, steaming bath. Stella Gray, Chief Spa Elder at Half Moon's Fern Tree Spa in Montego Bay, Jamaica, shares this calming botanical mix that stimulates the immune system and nourishes dry skin. The addition of citrus helps to relieve muscle fatigue and eliminate cellulite. Dip in, lean back, and relax—it really is that easy. RACHEL NEAL

INGREDIENTS

- 1 small bundle fresh lemongrass
- 1 handful fresh or dried lavender flowers
- 1 handful fresh or dried rose petals
- 1 handful sweet basil leaves
- 5-6 fresh lemon leaves
- 2-3 fresh aloe vera leaves, sliced once lengthwise
- Several sprigs fresh or dried rosemary
- 3-4 slices fresh citrus (lemon or grapefruit)
- Gauze or muslin

DIRECTIONS

- ① Crush all the ingredients except the citrus in a mortar or bowl with a pestle.
- ② Wrap the crushed ingredients in a piece of gauze or muslin and place the bundle in a large bowl.
- ③ Add boiling water and steep for 15 minutes.
- ④ Add both the bag and the herbal water to a warm bath.
- ⑤ Twist sliced citrus to release juice and zest, then add to bath.