



Plantain Oatmeal Bath Soak

Makes: *One bath*

INGREDIENTS

- 1/2 cup dried plantain leaves
- 1 cup plain rolled oats
- 1/4 cup dried calendula or chamomile, optional
- Muslin bag, cheesecloth, or clean cotton sock

INSTRUCTIONS

1. Grind the oats briefly in a blender until they form a coarse powder.
2. Combine the oats with the dried plantain and optional flowers.
3. Place the mixture in a muslin bag or tie it securely in cheesecloth.
4. Put the bag under warm running bathwater.
5. Soak for 15–20 minutes.
6. Gently squeeze the bag into the water occasionally.
7. Pat the skin dry after bathing.

SAFETY

The oats may make the bathtub slippery.



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