



Bubble Baths

Archimedes discovered the physics of displacement while taking a bath. He jumped out and shouted "Eureka!"

A bubble bath is a great way to pamper yourself, discard weariness, and unwind. Essential oils have been used by many cultures around the world for centuries for their therapeutic properties.

- Choose a favorite scent or try something new
- Dim lights and light a few scented candles
- Put on some music, and step in

Taking a hot bath before bed assists sleep by relaxing the muscles and releasing tensions. When you get out of the hot tub, the drop in body temperature signals the brain to release melatonin (a hormone made by the pineal gland that helps control your sleep and wake cycles).

Nabila K Bubble Baths: Forest Experience with pine and fir, Sunshine Zest with citrus and eucalyptus, Sweet Surrender with almond and honey, Heart of Provence with lavender and sage and Rose Garden filled with roses!

"I take hot baths for my nerves. Hydrotherapy they call it." – Blanche DuBois from Tennessee Williams' A Streetcar Named Desire