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De-Stress and Relax with 5 Natural Bath Products

APRIL 24, 2014 BY [THE FASHIONABLE HOUSEWIFE](#) 0 COMMENTS

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Did you know that April is National Stress Awareness Month? Not that we need a whole month of awareness to realize that we are all over stressed, but it helps to point it out so we can all purpose to take time and relax today.

If you are a mom, getting a few minutes alone to de-stress can be absolutely essential to your sanity. It's not always easy to take time out for a candle-lit bath, but even pampering yourself for a few minutes a day can really help.

Here are 5 natural products I use to help stay calm, focused and peaceful...

1. **AHAVA** Lavender Mineral Bath Salts

Calm your nerves with the power of relaxing lavender. AHAVA's Lavender Mineral Bath Salts work quickly to soothe the senses and promote well-being. These yummy bath salts are 100% natural and packed with healthy minerals such as magnesium, calcium, sodium and potassium, the skin-energizing Dead Sea salt crystals that will help relax muscles and joints as well as keep skin soft, smooth and refreshingly hydrated.



Wondering why you should take time out at least once a week to take a bath? [Read this post](#) about the benefits of soaking in epsom salts.

Price: \$22

Buy It: [AHAVAUS.com](#), [Amazon.com](#), [Ulta.com](#), [Beauty.com](#), [Nordstrom.com](#), [Macys.com](#)

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CURRENT GIVEAWAYS

2. Elemis Quiet Mind Temple Balm

Feeling extra stressed? Or just trying to get through another hump day? Bring some instant peace to your aura with this soothing temple balm. It contains a powerful blend of [essential oils](#) that promote harmony, tranquillity and relaxation. *It's like a yoga class in a bottle.* Plus it's the perfect size to keep in your bag for those moments when tequila would be inappropriate.



Price: \$30

Buy It: TimeToSpa.com and Amazon.com

3. Shea Yeleen Shea Body Balm

Packed with 20% natural, unrefined shea butter, this ultra-hydrating formula is rich in vitamins to instantly smooth and moisturize your skin. Massage this luxurious formula into arms, legs, feet and elbows for glowing, healthy skin. This body balm is delicately fragranced with lavender and honeysuckle essential oils that will relax and de-stress you.



Use every time you take a shower or a warm bath. Just gently massage into your skin, from neck to toes. Gentle enough for daily use.

Price: \$19.00

Buy It: SheaYeleen.com

4. Caldrea Ginger Honey Body Oil

If you can't afford to go get a massage, pamper yourself (or get your significant other to help!) with Caldrea Essential Collection Body Oil in "Ginger Honey". Loaded with botanicals and essential oils, this blend of Argan and Meadowsweet Oil will soak into . The Ginger Honey fragrance will leave you with a peaceful feeling that will last for hours. A definite must-have to add to your bath & beauty routine. It's just SO yummy. I love the [Ginger Honey Body Lotion](#) too!



Price: \$9.99

Buy It: Target.com

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Salon Shine Compact Dryer

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April 14 - May 10

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GIVEAWAY STARTED ON APRIL 14, 2014

5. Organic Ocean Vodka from Maui

If all else fails, relax and enjoy a shot of Organic Ocean Vodka from Maui, Hawaii. Ocean Vodka is the only vodka in the world made with deep ocean mineral water, organic sugar cane, and powered by the sun. This light and delicious vodka is made by a family run company based in Maui, Hawaii.



Ocean Vodka is gluten-free with absolutely no GMOs. It's a crisp, natural, clean and thoroughly enjoyable vodka that you will love. Honest.

Price: \$33.99 / 750ml

Buy It: [ReserveBar.com](#) (Click here for a list of retailers.)

What products do you use to relax at the end of the day that you would add to this list?

I received some of the items mentioned above in exchange for an honest review. All opinions are my own and I did not receive

compensation for this post.

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About The Fashionable Housewife

Sarah-Jean Ballard is the Publisher and Editor in Chief of The Fashionable Housewife blog and Founder of Fashionable Media. Housewife, mother, homeschool teacher, Birth Doula and entrepreneur who's mission it to help moms just like you look and feel GREAT! Other interests include positive intactivism, natural birthing and healthy eating. www.sarahjean.com

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