Moon Ritual Bathing

New and Full Moon Bath Rituals for Cleansing & Detoxification

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Imagine yourself near the sea, about to immerse yourself in these ancient waters where regeneration at every level is possible…

For centuries, the combination of water or bathing with prayer, meditation, herbs, flowers and crystals has been considered by every ancient culture as a powerful means to provide a deeper connection with ourselves and with the Divine.

It has for a long time also been known that the Moon affects the Earth’s oceans and rivers with its gravitational pull, which is at its greatest during its New and Full phases. Since our bodies are estimated to be composed of about 80% water, it should be clear that the Moon has an effect on the water contained within our own body.

According to many ancient customs, women should immerse themselves in water at least once in 29 days, and this 29-day-cycle has been calculated with the lunar and female cycles in mind.

The Moon rotates for a period of 27 days, 7 hours and 43 minutes, the same time it takes to revolve around the
Women -like the Moon- follow a 28-day-cycle: in the first 7 days (1st quarter of the waxing moon) the egg develops and when matures, moves down into the uterus to reach its full maturity around the 14th day, exactly when the moon is Full, to then start its waning phase (3rd Quarter) which in the last quarter coincides with the menstrual period. And so, during the period of darkness (New Moon) women are meant to cleanse in readiness for a brand new cycle.

New Moons are a time of new beginnings, and therefore an excellent time for our bodies to detoxify.

During New Moon, it is said that having a therapeutic bath brings the same benefits as a 3-day-detox diet. I know which one I would prefer!

By contrast, during Full Moon, the body’s ability for absorption is at its highest, and so it’s a perfect moment to activate and harmonise its pranic flow.

Therapeutic baths release toxins into the water, whilst absorbing the healing properties of the salts, herbs and oils through the skin which -if chosen carefully- can even help us balance our natural pH.
The amalgamation of the minerals of the salt crystals in bath salts such as Himalayan salts and Epsom salts together with the herbs, oils and hot water in the bath come together to generate beneficial frequencies and vibrations which help to re-balance our bodies’ energetic field, just as if we were in a natural hot spring. We emerge relaxed, with softer skin and a deep sense of calm and determination.

Follow the tips below to create your own 100% natural Aromatherapy Bath Salts for Ritual cleansing and detoxing (New Moon) or nurturing and strengthening (Full Moon).

**RECIPE**

500g salts such Dead Sea Salts, Himalayan or Epsom salts or a combination of the 3.

15-20 drops of your selected **Essential Oil Blend** (this is a diluted blend and not a mix of undiluted essential oils, see below)

(Optional)

1 tb spoon of jojoba, avocado or any other carrier oil for extra moisturisation.

2 tb of dry milk, an essential ingredient in Cleopatra’s ritual baths!

Look in the last page for a short list of suppliers of quality ingredients for your bath rituals.

**INSTRUCTIONS**

Prepare your Essential Oil Blend by mixing 120ml of a carrier oil (jojoba, sesame, avocado) with 10-15 drops of your favourite essential oils.

Make sure you’re using oils that are not known skin-irritants: sandalwood, rose, jasmine, patchouli, neroli, lavender, chamomile. **Avoid** spicy oils like, oregano, thyme, cinnamon and clove and phototoxic oils such as bergamot and all citrus oils, as well as those known to have specific irritant potential, such as lemongrass. **Always consult a professional when in doubt.**

Place the salts in a bowl. Add the (optional) moisturising oil to the salts and mix well with a fork.
If you garden organically, consider putting aside herbs and flowers such as basil, roses, chamomile and lavender to dry and sprinkle into your home-made bath mix.

Keep your Bath Salts mixture in a glass container with a tight lid or preferably in an air-tight container to ensure the aromas last for longer.

For further ideas of herbal and essential oil blends, how about the following?

When using essential oils, take part as 1 drop added to the carrier oil and salts as described previously.

**Bathing with the Elements:**

- **Air Bath:** 3 parts Lavender, 1 part fresh Bergamot and Mint mix, 2 parts Rosemary, 1 part Peppermint. A good blend to improve visualization, memory and concentration as well as clear thinking.

  Imagine the light and fresh air around you moving into your physical body, moving through, healing and cleansing your lungs and out through other organs, swirling around your legs and feet, healing your arms and hands, neck and head. Feel the pure light and energy of this healing air moving into all of the spaces in your body that need clearing out and balancing. See yourself becoming aligned with the air element within nature, with the sky and further afield as far as your imagination will take you.

- **Fire Bath:** 3 parts Frankincense, 1 part Juniper, ½ part Orange, 1 part *fresh* Basil. Useful for calling upon your strength, courage and passion.

  Visualise the heat and golden light of the sun surrounding and caressing you. Feel this golden light moving into your body, cleansing and purifying all of your organs and systems. Feel this fire element within you coming into one with all fire elements of nature, including the ancient volcanos and the fire deep within Mother Earth.

- **Earth Bath:** 4 parts Patchouli, 3 parts Cypress, 1 part Vetivert. To create a stronger sense of
creativity, stability and fertility.

Feel the energy of Mother Earth coming up through the soles of your feet all the way up into your heart. Feel her love for you as one of her beloved children. Feel her heart and yours coming into harmony and merging into one.

- **Water Bath:** 2 parts Chamomile, 2 parts Yarrow, 1 part Ylang Ylang, 1 part Palmarosa. Assists in attuning with friendships, healing and a more developed sense of intuition.

Visualise the water as arising in the shape of clear blue light. See this light surrounding you, clearing all imbalance and disharmony in your blood and any fluids of your physical body. Imagine yourself coming into harmony and balance with the water element of nature, with every river, lake and ocean.

My favourite essential oils for Bath Salt Mixtures are the sensous Rose, Sandalwood and Jasmine

innermost desires are.

Rituals become meaningful whenever they “charge” an intention, desire or wish with power. Doing this in a conscious way brings that special power to the goals in your life and helps you keeping them in sight as they begin to take shape. But even as you prepare to state your intentions, try to remain flexible, as things may develop in even more significant and positive ways than you ever expected.

Here are some general tips:

Candles are magical, so bring some into the bathroom with you. If you wish to find out the meaning of different colour candles, check out the Notes on Embody Inner Beauty’s Facebook Page here: http://goo.gl/z8bgY

Bring into the bathroom some of your favourite symbols, objects or crystals as witnesses and companions to your ritual.

The Bathing Ritual

As for the Bathing Ritual itself, it is important that it has a meaning for you, rather than trying to follow any established guidelines. Follow your Inner Guidance, you’re the one who knows your personal story best, what you need the most and what your
Clear the space physically and emotionally by making sure you will be left undisturbed, play some soft music and begin to quieten your mind.

As you lie in the bath you may wish to imagine or visualize yourself leaping into a pristine lake or river or the beautiful ocean and follow any of the guided meditations suggested above.

Feel the water around you – the temperature, the texture, the flowing currents. Feel its energy. In your mind’s eye, notice its colour, the waves and ripples. Visualise diving into this body of water if you wish to. Come out and look again to see if there’s any changes. Are there any beings in the water? What are they like? Return to your bath when you are ready by visualizing yourself sitting back in the spot where your meditation began.

**Setting your intention**

Once you’ve settled your energy and your mind with a short meditation or visualisation, you may wish to set your intention(s). Make a list and dream BIG.

You’re opening to universal energies that set your dreams in motion, in other words, you’re co-creating with the Universe, and the Universe has no limits.

Find ways to take action on your intentions in the days to follow. Keep a diary if it helps you remember them and make sure you celebrate any signs of change, as little as they may seem, they are the seedlings of success. Enjoy!

In love and gratefulness,  

Mayella
“Moon Bath Rituals” was created in February 2013 by Mayella Almazan-Arreola ©

Contact: maye@embodyinnerbeauty.com for further information and Workshops.

IMPORTANT: The use of essential oils is not recommended for women who are pregnant or think they may be pregnant, people with blood pressure problems, epilepsy and other medical conditions.

ALWAYS consult a medical professional before using any essential oils.

Online suppliers I use and recommend, NHR Organic Oils, Aromantics, both UK-based and Floracopeia (US-based).