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BODY

Olverum Bath Oil

Posted on November 29, 2015 by Jane with 3 Comments

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Olverum Bath Oil

Far from being a new formula, Olverum Bath Oil dates back to the 1930's when it was used to soothe aching muscles. But, it's one of those timeless formulas that feels both medicinal and pampering. With pine, lemon, juniper, lavender, rosemary and eucalyptus, it's the perfect nurture for a winter cold or post-shopping aches. Handy as well, for man-gifting, given that they have worse colds than women :-).

I was a little bit too handy with it when I poured it into my bath – you don't need nearly as much as I put in (try a capful) – with the result that I smelled like a Christmas tree for the rest of the evening. It's very nicely oily, too, so your skin feels softened as well as your aching muscles soothed and less tense. You can apply it directly – which you might want to do if you've been skiing or running – but then it's quite an overpowering fragrance at that intensity so personally, I'd only do this as a last resort. It's supposed to last for at least 25 baths so when you add it in you can calculate roughly how much to use.

Either way, if you're full of cold, follow Olverum Bath Oil with a whiskey, lemon and honey drink and everything will look better! You can find Olverum Bath Oil [HERE](#) for £23.50.

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