



BATHE YOUR JANUARY BLUES AWAY



How to draw the perfect bath and the products to match EVERY need

By Emma Gunavardhana 08 January 2016



YOU NEED: HYDRATION

Dry skin in winter is nothing new, but a body lotion or cream can't give you the same kind of nourishing all over hug an oily bath can. The oil softens the water, and your skin, and makes sure all those hard to reach places are targeted too.

Forget [#dryjanuary](#) because what's most important today is getting wet. Why? It's National Bubble Bath Day, that's why. Can you even think of anything more comforting, warming or soothing than a bubbly bath?

Women's Health quizzed Claridge's Butler Michael Lynch who revealed there's an art to drawing the perfect bath.

The temperature: 'The water should be slightly warmer than your body temperature, which is on average 37 degrees.'

The atmosphere: 'Candles add tranquility and rose petals in the water look especially beautiful in a bubbly bath.'

The final touch: 'Make sure there's an extra fluffy towel on the radiator ready for you when you get out.' Bliss.

Read on for all the treats you need for the ultimate bathtub experience, whatever your bath-time needs.

YOU NEED: RELIEF

If you're back in the gym and have a case of the January DOMS, which are worse than DOMS at any other time of year by the way, it's all about loosening off those tight, tired muscles.

The discomfort that's making you walk funny is actually a build up of lactic acid in your tight, tired muscles, but essential oils such as Pine, Eucalyptus, Lavender, Juniper and Geranium will help ease them back to their supple best.

Try: Olverum Bath Oil, £23.50 olverum.com

