

## A Winter Solstice Bath



On December 21, 2017, specifically 11:48 a.m., the winter solstice occurs. The word **solstice** is derived from the Latin words “sol” meaning sun and “stit” meaning stopped. On this date and time, the sun will stop its journey to the lowest point in the sky (shortest amount of daylight) and start its journey back to longer days and the summer solstice. While there may be some who like time spent in moonlight rather than sunlight, the majority of people prefer sunlight over darkness. After all, many Floridians are here because of Sol (sun) and the warmth it provides!

If you find yourself feeling low on energy, melancholic and yearning for the energy of the sun, you may want to consider a bath ritual to rejuvenate your spirit. Baths are meant to cleanse and even more so on solstice days. There are many cultures, religions and philosophies that observe and honor the practices of cleansing during nature’s changing energies. The winter solstice marks a new cycle for all of nature including us, so use it for regeneration, renewal and reflection. When planning for this date, consider a relaxing, cleansing bath while contemplating the challenges of the coming year. Pamper yourself with the thought of ridding yourself of that which shackles you. Infuse

yourself with positive energy that inspires transformation and growth. Use this time to consider the goals you want to achieve over the next twelve months.

Do this practice in the evening of the winter solstice to cleanse the body, mind and spirit. This is your time of spiritual practice so establish your space to provide calm and inspiration. Use this bath to scrub away what is no longer necessary and to invite new beginnings.



### How to enjoy your winter solstice bath.

Fill your tub with warm water, but don't make it too hot as this could distract you from its purpose. Add essential oils along with dried or fresh herbs to the water and surround yourself with candles and/or incense to support the cleansing. Use:



Sage



Lavender

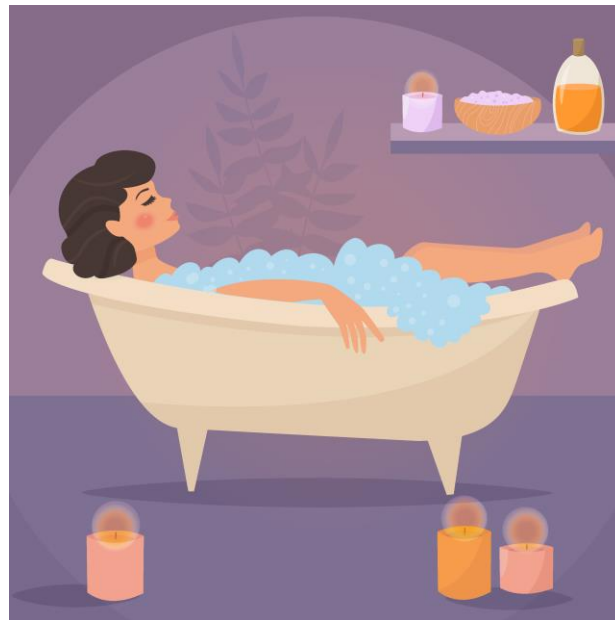


Peppermint

and rosemary, or do a little research on the energetic properties of herbs and essential oils to choose what is in alignment with your feelings at the time. You



may even add Epsom Salt or Magnesium Chloride Flakes for more calming effects. *(This is a great way to get the many benefits of magnesium directly into the circulatory system without having to go through the digestive system.)*



Once you are immersed in your cleansing creation, begin to focus your thoughts on washing away all negative, unnecessary or useless thoughts. Offer your fears and other unhelpful emotions to the dark of night and light of the moon. Reflect on the winter season and the cycles of nature. This is a time when nature tends to be dormant so take advantage of it with rest and relaxation.

What are your dreams, what are your aspirations, what will you do to nourish your spirit for the remainder of the winter season? What do you want to change or transform during the next year and how will you support yourself on your journey? The season of rebirth will be upon us again soon so plant the seeds of new ideas and plans for your coming year with the peaceful thoughts that emanate from this cleanse.

Enjoy your winter solstice bath ritual!