Honey Oat Bath Soak

Venture away from the cosmetics counter and into the supermarket or health food shop and the answer you've been looking for could be staring you in the face: active honey. Keep your skin calm and quenched with this hydrating Bioactive Manuka Honey bath soak.



SKILL LEVEL	PREP TIME	SERVINGS
Easy	10 mins	2

Ingredients

- ½ cup of Capilano Manuka Honey
- 1 cup oats
- 2 cups of oat milk or water
- ¼ cup Chamomile tea

Method

1. Combine all ingredients to a glass container and stir
2. Pour mixture into a running bath and enjoy!

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag #honeylovers & @capilanohoney on Instagram or Facebook and you could be featured on our page!

Used in this recipe



Floral Manuka Honey

Distinctly herbaceous, caramel and smooth, Capilano Floral Manuka Honey is made by Aussie bees that have foraged the native *Leptospermum* (Manuka) flowers. It is as delightful at breakfast as it is squeezed into coffee, baking, marinades and dressings.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

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