Manuka 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

- 1/2 cup of Capilano Active Manuka Honey
- 1 cup oats
- 2 cups of oat milk or water
- 1/4 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

Active Manuka Honey

Nature's Sweet Superfood
Made by some of the world's healthiest bees*, Capilano Active Manuka honey is naturally rich in Methylglyoxal (MG). The higher the MG, the more potent the honey's activity.

Delicious Taste

Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties. Capilano's premium, bioactive Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine
Squeeze the bioactive goodness of Capilano Active Manuka honey into your daily cup of tea, coffee, smoothies, yoghurt or cereal, or simply enjoy by the spoonful.

*Vella, G. 2016. Issue 215. CSIRO.

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