



Sarah

BIBLICAL BEAUTY ROUTINE

Our foremother Hadassah, whom we also know as Esther, was a noteworthy and inspirational woman from the tribe of Benjamin. Hadassah trusted in the Lord and utilised her beauty and influence to save our people. Her spirit was nothing short of admirable, and as repenting Israelite women we should aspire to be like her.

After conducting a comprehensive study into the history of our foremother Hadassah, our beautiful sister Karmel from IUIC Birmingham UK used this wisdom to formulate a wonderful self-care beauty regime. This is truly Romans 15:4!

Romans 15:4 KJV For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have hope.

What inspired you to put this routine together?

My inspiration came from reading the book of Esther, typically around the time of Purim. Lord willing, I also look forward to marriage and executing a good self-care routine can help prepare me.

How has the history of our foremother Hadassah/Esther influenced you?

First and foremost the history of our foremother Hadassah has helped to increase my faith. Her obedience and sacrifice really inspires me. Not to mention, I'm from the tribe of Benjamin too!

Reading about Hadassah has influenced me in a couple of ways. One way is by compelling me to become more knowledgeable in self care as well as implementing my own hygienic maintenance, such as bathing and beautification.

There is endless information and always something new to learn. I've really enjoyed researching essential oils and herbs over the years, especially those that work well for my eczema.

My research has really ignited my preference for perfume oils, I actually don't own any perfume sprays anymore and haven't for a few years. My current favourite oils are "Honey & Spice" and "Ecbatane" by That Precious Ointment here in the UK.

What do you think of the Hadassah Bath Challenge?

All praises to The Most High. It's great! Accountability helps when trying to reach a goal and this is an area that is so important for us as sisters. We are reclaiming the woman we used to be.

Also, there are many benefits with bathing, such as stress reduction, minimising inflammation (by adding Epsom salts) etc. Essential oils such as frankincense and myrrh not only smell good, but have great healing properties! Which is why I think it's beautiful that they are being promoted with the Hadassah Bath Challenge.



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<https://www.prettymodestthings.com/hadassah-bath-shop>

What are your recommendations for a sister that is new to oils/bathing routines? Avoid "fragrance" oils. You want the 100% "essential" oils from the natural plant for skin, especially for the intimate parts.

If water bills are a worry, do a half bath. Don't feel disheartened if you can't commit to a bath session every day. Set up a realistic routine for you and build yourself up. For sisters that may not have a fitted bath there are alternatives online. If online isn't an option you can focus on soaking your feet regularly in a basin.

For new sisters, stick with just using essential oils. As you get used to them and want a different experience, there are other things you can use such as magnesium flakes, epsom salt, herbs, dried flowers/ flower petals etc. If you do end up using herbs and flowers, buy a sieve (strainer) specifically for your bath to remove the pieces before unplugging (this is only if you aren't going the homemade "Bath Tea Bag" route).

Good starter oils are, frankincense & myrrh with olive oil as the carrier oil.

If using olive oil, I would choose organic extra virgin. Recently, I've been enjoying cold pressed coconut oil. I always add 1-2 drops of tea tree oil because of its antiseptic properties.

Some other essential oils I like to use in my bath that I recommend are: lavender, clary sage, sweet orange oil, jasmine, rose, ylang ylang, bergamot. (please research for yourself before trying/using):

Bathing Routine Steps:

1. First, wash your body all over with water and soap in the shower (or bath if that's what you have). I use exfoliating gloves 2-3 times a week.

2. If your shower is fitted over your bath (or you only have a bath), clean the bath out BEFORE filling with hot water. Make sure it's not too hot.

Tip: Clean the bath with some washing-up liquid (dish soap), as it does a brilliant job to break down the grease. If I have Dettol, I will also use some of this to kill bacteria.

3. Mix your essential oils (5-7 drops each) with a carrier oil (about 3 tablespoons) and add to the bath once it is full to the level you want.

4. This is the time to light a candle and put on some relaxing music! I'll even use the time to put on a bentonite clay face mask, for extra self-care.

5. Test the water's temperature before getting in. The water may feel extra hot to your hands or feet at first. You can add cold water if needed.



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6. Soak in the bath. Make sure the key areas are getting some good time submerged, including your feet! It can be 20 mins to 1 hour depending on the time you have. Feel free to top up with some hot water if needed!
7. Exit the bath and let it drain. Clean the tub with washing-up liquid (dish soap) and Dettol again.

Where is the best place to buy good quality products?

Within the body if it's available! For now, I buy my essential oils and bath salts mainly from Amazon for the large variety of scents and sizes. Another more local option would be health/health food shops and some beauty shops as well.

What should be avoided when creating a good oil bathing regime?

1. Avoid exposing your skin to essential oils without patch testing new oils on your skin first to check for allergic reactions.
2. Avoid using oils without proper understanding of their effects on the body. It is critical to research the properties of the essential oils you are using.
For example; lavender oil reduces blood pressure, so it can be good to relieve headaches and stress, but using too much could make you feel tired, so probably best for use at night.
2. Avoid bathing with oils prior to showering and not cleaning yourself properly with soap first. The oil bath is to soak. (Do research then include exfoliation in your regime too)
3. Avoid using too much. A little goes a long way e.g. 5-7 drops of essential oils each. The same for adding multiple amounts of different essential oils. Two or three different types is sufficient.
4. Avoid dropping myrrh oil directly into the bathtub, because it can stain! Using a carrier oil is good practice in general, but especially for darker oils.
5. Avoid using more than 1-2 drops of peppermint oil. Be warned. You know when you eat a mint and you have that refreshing feeling in your mouth? That will be your body when you get out of the bath and it's actually not fun! Sensory overload! Also, treat cassia oil like scotch bonnet pepper; please wash your hands after touching it undiluted. One drop in carrier oil is enough.

What scriptures help you when with your bathing routine?

1. The main inspiration! - *Esther 2:12 KJV - Now when every maid's turn was come to go in to king Ahasuerus, after that she had been twelve months, according to the manner of the women, (for so were the days of their purifications accomplished, to wit, six months with oil of myrrh, and six months with sweet odours, and with other things for the purifying of the women;)*

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2. Making sure to keep up good hygiene. - *Judith 10:3* And pulled off the sackcloth which she had on, and put off the garments of her widowhood, and washed her body all over with water, and anointed herself with precious ointment, and braided the hair of her head, and put on a tire upon it, and put on her garments of gladness, wherewith she was clad during the life of Manasses her husband.”

History of Susanna Vs17- Then she said to her maids, Bring me oil and washing balls, and shut the garden doors, that I may wash me.

3. Inspiration to always smell good! When I smell good, I feel good! - *Psalm 45:7-8* Thou lovest righteousness, and hatest wickedness: therefore God, thy God, hath anointed thee with the oil of gladness above thy fellows. 8 All thy garments smell of myrrh, and aloes, and cassia, out of the ivory palaces, whereby they have made thee glad.

4. A reminder for me that this routine is a part of the “new woman” I am trying to be, so it helps me to stay motivated! *2 Corinthians 5:17* Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.



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