

## WHAT YOU'LL NEED

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- 2 tablespoons of rolled oats
- 1 cup freshly boiled water
- Spice grinder/high speed blender
- whisk
- Coffee or other filter

## INSTRUCTIONS

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1. Finely grind the rolled oats until it has a flour-like texture.
2. Add oats to the boiled water and whisk until combined/dissolved. You'll have a milky texture.
3. Stand for 5 minutes.
4. Pour mixture through a coffee filter.
5. Add the filtered liquid to a lukewarm bath and soak for 10-15 minutes.



## Colloidal Oats

 10 minutes

Colloidal oats is a fancy term for finely ground oatmeal suspended in water. The fats, proteins, vitamins and minerals provide beneficial skin nutrients and have both anti-oxidant and anti-inflammatory effects.

Making your own colloidal oats for an oat bath is quick, easy and affordable. The DIY approach means you will get a fresher product with higher levels of oils and nutrients.

## NOTES

Typically oatmeal preparations are generally considered safe for both young and old unless you have an allergy to oats. If unsure do a test patch.

As there is no preservative the colloidal oats they should be used within 24 hours.

