



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
Easy

PREP TIME
10 mins

SERVINGS
2

Ingredients

- 1/2 cup of [Capilano 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 capilanothoney.com.au to learn how to swap honey for sugar in your recipes.

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Used in this recipe



AUSTRALIAN MANUKA HONEY

Nature's Sweet Superfood

Capilano Raw & Unpasteurised Manuka Honey is independently tested and certified to contain a minimum 30 mg/kg of Methylglyoxal (MGO).

The higher the MGO, the more potent the honey.

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 Australian Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine

Australia produces some of the most potent, best tasting Manuka in the world. With a rich, smooth, caramel taste, enjoy it in your daily cup of tea, smoothies, cereal, or simply by the spoonful.

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