



# 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: authentic Manuka Honey. Keep your skin calm and quenched with this hydrating 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

## Method

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

Visit [capilano.com.au](https://www.capilano.com.au) to learn how to swap honey for sugar in your recipes.

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- 1/4 cup Chamomile tea

## Used in this recipe



### AUTHENTIC MANUKA HONEY

Nature's Sweet Superfood

Made by some of the world's healthiest bees\*, Capilano Manuka honey is naturally rich in Methylglyoxal (MGO). The higher the MGO, 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, Manuka honey has a rich, smooth, caramel taste.

### Boost your Daily Health Routine

Squeeze the goodness of Capilano Raw and Unpasteurized Manuka honey into your daily cup of tea, coffee, smoothies, yogurt or cereal, or simply enjoy by the spoonful.

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

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