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Bath and Shower Body Products – 4 great gift ideas [By KeithMcDonnell](#)

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When you need to buy someone a gift Bath and Shower Body products are often a great gift idea. They are a fairly neutral gift as everyone uses them (or we at least hope everyone does) and are always well received. While you are shopping for that great bath product here's a few ideas to keep in mind.

Bath Bombs. Bath Bombs are great as they fizz up when you first drop them in the bath releasing fragrance and salts into the water providing a relaxing environment of scent and detoxification. Bath bombs can range from \$4-\$12 each and are a single use application. You may want to steer clear of bath bombs with too much fragrance for any of your "scent-sensitive" friends.

Natural Liquid Soap. Many people prefer liquid soap as the pumps that come with them can create less mess and give you better value for your usage. You may want to consider that many liquid soaps contain Sulfates which are not very good for your skin. When choosing a liquid soap avoid ingredients such as Sodium Lauryl Sulfate, Sodium Laureth Sulfate and Ammonium Laureth Sulfate. You may also wish to choose an airless "Foamer" pump which can really stretch out the value of the soap. Most good liquid soaps will cost anywhere from \$6-\$12 for approximately 250ml.

Body Scrubs. Often used in the spring and fall time to tame and get rid of "alligator" skin. Scrubs are a great gift for those that like to take care of their body. Scrubs can be made with sugar or salt. Sugar scrubs tend to be a little gentler on the skin but you may want to use more of it to exfoliate your skin. Salt scrubs made with genuine dead sea salt are the best. The dead sea salt will soak into your skin allowing your body to release more toxins and take in more minerals than regular salts. Body scrubs are relatively inexpensive as you can get over 500g for as little as \$8.

Natural Body Massage Oils. There are many body massage oils to choose from, but buying ones that are natural will be the best for long term skin health. Look for ingredients that are essential oils (oils that come directly from plants like Olive oil or Grapeseed Oil) instead of synthetics (may often just be labeled as "fragrance" or "fragrance oil"). Essential oils will capture some or all of the therapeutic properties of the plant it came from as well as the beautiful scent. Natural Body Massage Oils may be among the most expensive products you buy as the good ones are made up of almost 100% essential oils. They can range from \$10 - \$30 for 250ml.

Of course you don't have to buy just one of these products. Many companies will sell gift baskets or gift sets of bath body products. Whatever you choose it's bound to be a big hit!

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