

The sense of custom of smelling leaves on the afternoon of 30 Tet

On the afternoon of 30 New Year in every Vietnamese family, prepare the pot of water to bathe with the smell of leaves, so what is the meaning and use of the leaf bath?

30 Tet is the time when you rest and beautify yourself, to prepare for Tet after the hard days of house cleaning, and other jobs .

During Tet holiday, a job that people often do in the year-end is **bathing with old-smelling leaves** , which can be considered one of the beautiful customs, unique culture of Vietnamese people. This custom originated from ancient times and is still circulated to this day.

Accordingly, every afternoon on the 30th of the Lunar New Year when all the housework is arranged neatly, the grandparents and parents will remind their children to cook the smelling water for bathing. Many of you may wonder why you have to bathe the smell of leaves on the afternoon of 30th Tet, but not the other leaves and what is the meaning of this custom?



According to the ancestors, the custom of smelling the leaves has existed for a long time, we after a year of hardship and getting stuck in the dust and dirt, everyone wants our bodies to be clean and wash away all troubles of the year. Old to welcome a new year with many new successes and joys. Therefore, the smell is chosen to cook bath water for the whole family at the end of the year. **Scent perfume not only helps us to be clean, but it also helps our spirit to be refreshed and tired .**

Smell is a common vegetable grown in the winter. Usually at the end of the winter, people bring out the smell of seeds and sprout a few beds, then like that the scent of the tree rises up in the cold, after a period of one to two months, the smells have risen fresh, fluttering flowers White and tiny fruits, leaf stems have changed from green to a purple brown when boiled with an ecstatic aroma. It is the best time to cut the smell and bring it to the market.



Called the **scent flower** , then of course there must be a characteristic smell of it and that must be a must-remember smell, easy to perceive not mistaken for any other flower like jasmine, lilies, romantic like pink, like glass, making people feel ecstatic. Flowers have a pungent aroma, a throne but a strong, lingering heart . and the feeling is also very pleasant.

The smell of the tree was chosen to cook the bath water, before the whole family spent time together with the rice tray of the year, it must be old-smelling plants, giving a very deep aroma and lasting for a long time. After bathing, the whole family still had a scent of fragrance until a few days of Tet. If anyone had ever bathed in the old leafy water in the late afternoon of the year, surely she would have missed the skin, scratching her image, her mother in the kitchen with a large pot of water with smoke rising up. Besides the use of smelly leaves to cook bath water, many people buy **smelling leaves to boil on the year of the year to storm the house** , pray for fortune for the new year because the smell is very fragrant. Although each person buys the smell to use it with a different meaning, they all want to help wash away the bad things of the old year, and **aim for a happy, lucky new year** .



Many people explain that coriander is spicy, warm, non-toxic, treat leprosy, unremarkable measles, relieve stress, restore health. And yet, the smell is a plant that has good antiseptic properties. Essential oils in coriander contain **high antioxidants** that have a real, pervasive effect. Therefore, the water bath leaves the smell next to helping to clean the dust ceiling, it has many other beneficial effects for health.

Some pay attention when bathing the odor

1. Although it is a good leaf, however, in cases of skin-related diseases such as dermatitis, peeling skin or scratches . it is absolutely not advisable to use the smell or regardless of leaf type. Any other to bathe.
2. When children or people with measles do not really bathe the odor. Because bathing the smell can make you more allergic.
3. Bathing when you are full is one thing to avoid, bathing now will make your blood vessels rise, causing your abdomen to become anemic, which can lead to dizziness, dizziness, heart palpitations and can lead to fainting. .
4. Smoky water or whatever other water should not bathe too hard, you should dilute them with cold water to make it easier to bathe and not burn
5. The smell of leaves when you buy them should wash the leaves, boil and bathe to avoid infection.

Refer to some more articles:

1. Want all year luck, and should not do these things on Tet
2. All you need to prepare to welcome the 2017 Dinh Dau Tet
3. Calendar for holidays and New Year 2017 for employees

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