

KEFIR BATH

Heal your skin with topical probiotic goodness, using any extra kefir!

SERVINGS	SERVING SIZE	TIME TO MAKE
1 BATH	AS MUCH AS DESIRED	20 MINUTES

INGREDIENTS

- Bathtub
- Hot Water, to your liking
- Bubbles of Choice
- Flowers*, for added effect
- Any extra plain kefir hiding the back of your fridge

DIRECTIONS

1. Fill your bathtub with hot water to your liking.
2. Add any bubbles if you want (I love Dr. Teals Foaming Bath) and let the bubbles rise!
3. Add flowers from your home or vase that you want to float around to make you feel like royalty.
4. Play some amazing music to soothe your soul or entice your heart!
5. Right before you step into your magical bath, to capture the probiotics in the kefir, you can pour this over your head and down your body, while standing in the tub. Let it hang onto your skin for at least 5 minutes. Then allow the bath to fully draw you in and give yourself time to bathe...
6. Enjoy!

* Recommend organic as adding flowers from conventional growers can cause reactions from pesticide use.

**The heat from the hot water, will destroy most if not all of the probiotics in the kefir, but you'll still receive lots of benefits from the R&R and the initial dousing of kefir on your skin/scalp.