

DETOX BATH

Relax your body to release the toxins they have accumulated with a detox bath!

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

INGREDIENTS

- Bathtub
- Hot Water, to your liking
- 2 Cups Epsom Salt
- 1 Cup Baking Soda
- 2 Tablespoons Borax (caution for children + pets, optional)
- Essential Oils** like eucalyptus, lavender, or peppermint (using a diffuser)

DIRECTIONS

1. Fill your bathtub with hot water to your liking.
2. Add the Epsom Salt, Baking Soda, and Borax (if using) and allow it to dissolve some, you may need to swish the water around to get it started. Be careful of your eyes when pouring in, recommend to wear eye protection.
3. Optional to add essential oils to the bathtub. I like to add them to a diffuser for ease of cleaning the tub & to not destroy the essential oils in the heat.
4. Play some amazing music to soothe your soul and allow your body to relax!
5. Right before you step into this relaxing bath, try dry brushing to help stimulate the lymphatic system to further support the release of toxins in your body.
6. Enjoy for a minimum of 15-20 minutes to release the toxins.
7. Please drink plenty of water before and after the bath as it may cause dehydration & potential other signs such as dizziness

**The heat from the hot water, can alter the essential oils + is not suitable for everyone (those with skin sensitivities, pregnant, nursing, children under 10 years old)