

# Detox bath recipe

## INGREDIENTS

- **2 cups** Epsom salts / sea salt
- **1 cup** baking soda



## EXTRAS

- **1 cup apple cider vinegar** – soothes dry skin & relieves sunburn
- **$\frac{1}{4}$  cup grated ginger** – opens pores, helps with detoxification, fights colds and flu
- **1 cup milk / coconut milk powder** – moisturizes & hydrates skin
- **$\frac{1}{3}$  cup coconut oil** – reduces wrinkles
- **1 cup oats** – relieves skin irritations
- **2-3 sliced lemons** – pulls out toxins
- **10 drops essential oils**
- **$\frac{1}{2}$  cup Bentonite clay** – cleanses skin

## INSTRUCTIONS

- Mix detox ingredients with a fork.
- Run a hot bath.
- Throw in detox mixture and shake the water with your hand.
- Keep the bathroom door closed.
- Drink lots of water before, during and after your bath.
- Put on relaxing music and light some candles.
- Climb into the bath and submerge yourself up to your neck. Stay in for 20 – 45 minutes.
- Take a quick shower to rinse off.