

BATH RECIPES

DETOX BATH (for anytime you feel like you need to flush out energetic invasions, or you just went to a big retreat and did a lot of release, etc.)

4 cups of epsom salts and the juice of 4 lemons for 30 minutes as hot as you can make and keep it.

ADRENAL BATH (this is for nourishing and infusing the adrenals with strength)

1 gallon of whole organic milk
1 cup of epsom salts
1/2 cup of sesame oil
Optional 4 cups of honey

IMPORTANT: do not get too hot or too cold quickly, the adrenals don't like that. The bath should be comfortably warm which will mean adding hot water on and off. Bath for 30 minutes and once you get out stay warm,, do not let your body drop in temp too much. Swaddle in warm blankets, etc until you even off in temp, about an hour afterwards.

Fill the tub with warm water, add milk, sesame oil and salts. Add 3 cups of honey (if you choose this part) and save one cup. Use the last cup of honey to melt over your whole body, massage it into the skin, as an offering of love and sweetness.

VOC, CHEMICAL, & TOXIN BATH

1/4 to 1/2 cup of baking soda and the juice of 4 limes for 10 minutes, nice and hot.

* if you find the baking soda itchy use less, or start with less to see how it feels