

Detox Salt Bath

Ingredients:



2 CUPS
SEA SALT



2 CUPS
BAKING SODA



1 CUP
Mule Team **BORAX**

Directions:

- 1) Fill your bathtub with hot water (warm enough to open pores) & dissolve detox salts.
- 2) Place a damp towel on your chest while soaking.
- 3) Soak for a minimum of 30 mins to release impurities.
- 4) Gently scrub skin & rinse with a cool shower.
- 5) Apply magnesium lotion to replenish & nourish.
- 6) Drink plenty of water before & after.
- 7) Rest to fully integrate the effects.

No bathtub?

Do a detox foot soak with a quarter the ingredients.
Soak feet up to calves for 30 mins two consecutive days
(1 bath = 2 foot soaks).

Ensure feet are fully submerged;
the higher up the legs, the better.