

SALT BATH RECIPE & PROTOCOL

Use this salt bath in conjunction with energy healing or wellness sessions to support the detoxification process. Ingredient amounts below are for a standard-sized bath. Adjust as needed depending on the volume of water.



2 CUPS
SEA SALT



2 CUPS
BAKING SODA



1 CUP
BORAX (PURE BORON)

OPTIONAL INGREDIENTS INCLUDE:

1 cup apple cider vinegar • 1 cup 35% food-grade hydrogen peroxide (helps with oxygenating and neutralizing toxins) • 1 cup vodka (helps blood sugar levels)

DIRECTIONS

1. Fill your bathtub with hot water (warm enough to open pores) and dissolve detox salts.
2. Place a damp towel on your chest while soaking.
3. Soak for a minimum of 30 minutes (1 hour recommended time) to absorb minerals and release impurities.
4. Gently scrub skin to support lymph flow and exfoliation.
5. Rinse with a cool shower.
6. Apply magnesium lotion or oil with coconut oil to replenish and nourish.
7. Drink plenty of water before and after, then rest to fully integrate the effects.

No Bathtub?

Do a detox foot soak with half the ingredients. Soak feet (or up to calves) for 30 minutes on two consecutive days (1 bath = 2 foot soaks). Ensure feet are fully submerged—the higher up the legs, the better.

