



Ingredients:

- 1 bag of special blend sea salts
- Organic ginger
- Organic Green Tea
- Aluminum-Free Baking Soda
- Bentonite Clay
- Borax

Instructions:

- Begin by running a bath with water as hot as you can comfortably tolerate. Ensure the water level is sufficient to cover your entire body.
- Once the tub is filled, add the entire bag of special blend sea salts to the water. Allow the salts to dissolve by gently stirring the water with your hand.
- Enter the bath and relax for at least 45 minutes. During this time, focus on deep breathing and allow the blend of sea salts, organic ginger, Green Tea, Baking Soda, Bentonite Clay, and Borax to work their magic on your body and mind.
- Once the bath is complete, gently towel dry your body. It's recommended not to continue heating the water during the bath, as this may cause discomfort or dehydration.

Note: If you have any allergies or skin sensitivities, it's advisable to consult with a healthcare professional before trying this bath blend. Additionally, pregnant individuals or those with existing medical conditions should seek advice from their healthcare provider before taking an extended hot bath.