

Detox Bath



Detox Bath (or foot soak) draws toxins out of the body that the kidney and liver can't remove.

sea salt or pink Himalayan salt, not Epson salt, as it can pull water toxins into your body.

baking soda to alkalize your body, relieve pain and soothes skin.

borax to stimulate your lymphatic system

*Lavender, lemon, ginger, or peppermint essential oil can be added for additional detoxification and to elevate your bath.

**add equal parts sea salt, baking soda, borax, (15-20 drops essential oils) to a jar, mix then scoop 1-2 cups into bath.

*Highly recommend a minimum of 30 minutes once a week

