

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

Sea salt or pink Himalayn salt, not Epsom 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.

*15 - 20 drops your choice of essential oil can be added for additional detoxification and to elevate your bath.

**equal parts sea salt, baking soda, borax, this bag totals 1.5 cups.

***Highly recommend a minimum of 30 minutes once a week.

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