



Detox Bath Spa

Refresh • Cleanse • Renew

This revitalizing detox bath is inspired by the natural healing rituals of Bali. Mineral-rich salts, purifying clay, and therapeutic botanicals work together to draw out toxins, reduce stress, and leave you feeling lighter, calmer, and beautifully renewed.



INGREDIENTS

- ♥ 1 cup Epsom salt
- ♥ 1/2 cup sea salt or Himalayan salt
- ♥ 1/2 cup baking soda
- ♥ 1/4 cup bentonite clay (or green clay)
- ♥ 1/4 cup coconut milk powder
- ♥ 1/4 cup dried cucumber slices
- ♥ 2 tablespoons dried green tea leaves
- ♥ 10 drops lemon essential oil
- ♥ 8 drops eucalyptus essential oil
- ♥ 5 drops lavender essential oil
- ♥ 1 tablespoon dried mint leaves (optional)

This blend helps detoxify, hydrate, soothe, and uplift your body and mind.

HOW TO USE IT

- 1 Fill your tub with warm water.
- 2 Add 1/2 to 1 cup of the detox blend.
- 3 Stir the water to dissolve the salts and release the oils.
- 4 Soak for 20–30 minutes.
- 5 Relax, breathe deeply, and allow the minerals and botanicals to detox and renew your body.
- 6 Rinse lightly with cool water and rest.

GRANDMA WENDY'S TIP

For an extra detox boost, dry brush your skin before your bath to help stimulate circulation and lymphatic flow. Drink a glass of warm lemon water or herbal tea after your bath to help flush toxins and hydrate your body from the inside out.



BENEFITS

-  Helps draw out toxins and impurities
-  Relieves stress and promotes deep relaxation
-  Soothes tired muscles and eases tension
-  Nourishes and softens the skin
-  Supports better sleep and overall well-being
-  Uplifts mood and restores inner balance

HOW TO MAKE IT

- 1 In a large bowl, combine all dry ingredients.
- 2 Mix well until evenly blended.
- 3 Store in an airtight glass jar in a cool, dry place.
- 4 Add 1/2–1 cup of the blend to your warm bath when ready to use.



A Little Self-Care Goes a Long Way

Take time for YOU today. Your body will thank you, your mind will relax, and your soul will smile.

With love,

Grandma Wendy

TheLadybugSpa.com

