



# SOAK AWAY TOXINS: 6 SIMPLE DETOX BATH RECIPES

Revitalize your body with these six simple detox bath recipes. Soak away toxins, soothe your skin, and support your wellness routine. All you need is a tub and a few natural ingredients!

## 1. **Epsom Salt Bath:** Stress-Busting Detox

- Ingredients: 1-2 cups Epsom salt (magnesium sulfate)
- How to Prepare: Add to a warm bath. Soak 10-40 minutes, gradually increasing heat to sweat. Pat dry, then massage with almond or jojoba oil. Rest after.

## 2. **Sea Salt Bath:** Mineral Recharge

- Ingredients: 1-2 cups unrefined sea salt
- How to Prepare: Dissolve in a warm bath. Soak 20-40 minutes, then pat dry. No tub? Mix 1 cup sea salt, 1/3 cup olive or coconut oil, and 1 Tbsp wheat germ oil (*my soy-free pick over vitamin E*) for a shower scrub.

## 3. **Apple Cider Vinegar Bath:** pH Balance

- Ingredients: 1-2 cups raw, unfiltered apple cider vinegar (ACV)
- How to Prepare: Pour into a warm bath. Soak 10-40 minutes. Rest or sleep after to extend detox.

## 4. **Baking Soda Bath:** Alkalizing Soothe

- Ingredients: 1/4-2 cups baking soda (sodium bicarbonate)
- How to Prepare: Add to a warm bath. Soak 10-40 minutes, then pat dry. Adjust amount for comfort or targeted relief.

## 5. **Seaweed Bath:** Nutrient-Rich Heal

- Ingredients: 2 Tbsp **Aalga** organic seaweed powder
- How to Prepare: Dissolve in a lukewarm bath (avoid hot water). Soak 20-40 minutes, then pat dry to absorb invisible residue.

## 6. **Clay Bath:** Deep-Cleansing Purify

- Ingredients: 1-2 cups bentonite or French green clay
- How to Prepare: Mix with water into a smooth slurry, then add to a warm bath. Soak 15-30 minutes, rinse off residue, and moisturize after. Start short to ease in.

### Tips for Success

- **Start Slow:** 10-15 minutes—and build up, tuning into your body. Detox reactions (fatigue, mild rashes) signal it's working; adjust bath frequency, duration, temperature, or amount of bath ingredient and work up to what's recommended.
- **Pair It:** Boost with nutrient-dense foods found in the GAPS or Nourishing Traditions diets and as part of my Wise & Wild Way program!
- **Bath Bags** are useful if you prefer less bathtub clean up
- Click [here](#) for my favorite brands/suppliers

*Soak, cleanse, and feel the difference—these baths are your toxin-kicking allies!*

