



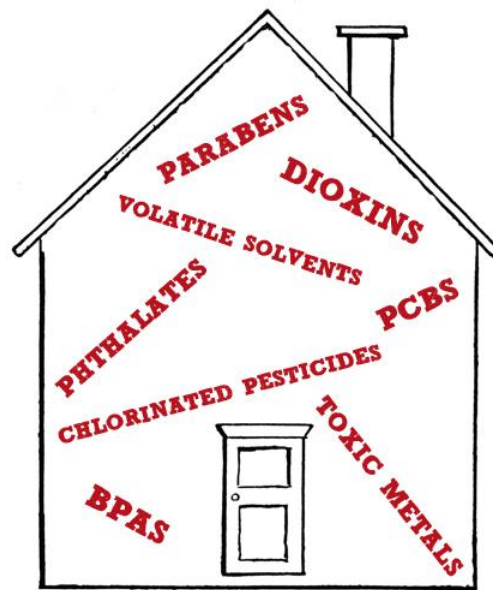
THE ULTIMATE DETOX BATH

A couple of nights ago I was really feeling poorly. I was worn out, physically and mentally.

I **KNOW** I bring a lot of it on myself. I don't get enough sleep a lot of the time (OK...**most** of the time) and I hardly ever give myself any "down" time. But I try to eat healthy and I take vitamins, etc. I just felt like my body was trying to tell me something...but I didn't know what.

Then I started reading about how **toxins** can build up in your body over time and cause a myriad of uncomfortable symptoms. For some reason this struck a chord with me...and I decided to give a **DETOXIFICATION BATH** a try! I mean it couldn't HURT, right? The worst thing that could happen would be I experienced a nice, hot bath and some rare "down" time. :-)

Toxins and chemicals are all around us, from our drinking water, to our health and beauty products, to the materials used to build and furnish our homes! **They are unavoidable.** There are, of course, certain things we can do to cut back on the amount of toxins in our living environment. Eating organically and using natural cleaning, **laundry**, and health & beauty products are just a few!



If you are feeling **lethargic or sluggish** or you are just experiencing “**Brain fog**”, a **Detox Bath** is a great way to help your body **get rid of toxins** and ease some of these symptoms.



Most detox bath recipes I found in researching this topic contained different combinations of the same basic ingredients: **Epsom Salt**, **Baking Soda**, and **Apple Cider Vinegar**. A few others also added **Essential Oils and Ginger**. But very few contained the “secret ingredient” I’m going to share with you today....**Clay!**

Healing Clay has been used for centuries as a form of natural medicine. Taking a **therapeutic clay bath** is one of the most effective methods in existence to assist in the elimination of toxic substances which have accumulated in the body. It just so happens that my little town is home to **Redmond Clay**, who markets an all-natural Utah bentonite clay used by the Fremont Indians thousands of years ago. (Note: I will definitely be doing a follow-up post about this amazing clay! Stay tuned.)

So here is my **ULTIMATE DETOX BATH** recipe:



- **2 cups Epsom Salt (or Sea Salt)** - draws out toxins from your body while relieving aches and pains
- **1 cup Apple Cider Vinegar** - soothes and softens dry, itchy skin while balancing the body's and neutralizing the body's pH.
- **1/2 cup Bentonite Clay** - stimulates the lymphatic system to deeply cleanse the body's largest breathing organ, the skin.



- **5-10 drops of your favorite Essential Oil** - lavender, geranium, sandalwood, [ylang ylang](#) and blue tansy are all known for their detoxifying properties.

Run your bath water as hot as you like. Add your “ingredients” and agitate to dissolve. Soak for 20-40 minutes. Drink a full glass of water when you’re finished.



Warning! You will be exhausted after your bath, so do this right before bed. I felt like a wrung-out dish rag afterwards, but in the morning I felt energized, refreshed, and had **a whole new outlook on life!** :-)