

How to Take Detox Baths – The Healthy Home Economist

General Instructions:

- Use filtered chlorine-free water as hot as you can tolerate and stay in until water has cooled. **Tip:** fill the tub while you are in it and you'll be able to tolerate water much hotter than if you fill the tub first. Do not add more hot water to bath while soaking.
- Take at least 2-3 detox baths per week, but not more than 1 bath per day.
- Do not mix ingredients from multiple recipes. Do only one bathing formula per day.
- Ingredient amounts listed are for regular-sized tubs; increase ingredients for oversized bathtubs.
- Do NOT take hot baths during pregnancy.

TYPE OF DETOX BATH	RECIPE	INSTRUCTIONS	HELPS WITH:
Baking Soda	- 4 cups baking soda	Dissolve baking soda in hot water. Soak until water cools, 30-45 minutes.	Exposure to irradiated food; swollen glands; sore throat, sore gums & mouth; digestive impairment.
Epsom Salts	- 2 cups Epsom Salts Use certified USP Epsom Salts.	Dissolve Epsom Salts in water that is warm, not too hot. Soak for 12-30 minutes. Rinse when done, towel dry.	Magnesium & sulfur deficiency; heart & circulatory health; lower blood pressure; eases muscle pain; eliminates toxins; improves nerve function; bruising & sprains; detox drugs from body after surgery.
Sea Salt & Baking Soda	- 1 lb. Baking Soda (2 cups) - 1 lb. Sea Salt or Rock Salt (2 cups)	Dissolve baking soda & sea salt in water as hot as you can stand. Stay in until water cools, ~45 minutes. Stay in at least 30 minutes. Do NOT rinse or shower; towel dry. Bathe in evening if possible as this bath can be tiring.	Exposure to environmental radiation, x-rays, plane flights, airport screenings.
Apple Cider Vinegar (ACV)	- 2 cups Apple Cider Vinegar	Add ACV to water as hot as you can tolerate. Stay in until water cools, ~45 minutes. Towel dry and do not shower for at least 8 hours.	Overall detoxifier; muscle aches & pain from physical exertion; best bath choice for candida issues affecting skin; draws out excess uric acid; joint problems, arthritis; gout; bursitis; tendonitis; excessive body odor.

Epsom Salts, Baking Soda, Borax	<ul style="list-style-type: none"> - 1-2 cups baking soda - 1-2 cups Epsom Salts - ½ -1 cup Bentonite clay - 1 cup Borax (for nanotech) 	<p>Add ingredients to water as hot as you can tolerate. Soak & scrub body for 20 minutes. Rinse well.</p>	Removal of nanotech, parasites, & toxins from body.
Seaweed Bath	<ul style="list-style-type: none"> - 6 Tablespoons dried seaweed OR - 2 heaped Tablespoons seaweed powder <p>For children use half the amount.</p>	<p>Put dried seaweed in cotton mesh bag & attach to spigot or place in bottom of tub. Fill tub w/ warm water (NOT hot). Squeeze seaweed bag when tub is full and leave in water while soaking for 20-30 minutes. When finished, do not rinse. Pat dry. Dried seaweed (not powder) can be reused for 3-4 baths or 1 week, whichever comes first.</p>	<p>Resolve mineral deficiencies; removal of heavy metals via the skin; diminish fine lines & wrinkles; general skin health; eczema; psoriasis; may reduce cellulite.</p> <p>*If using seaweed powder, add directly to water; cannot be reused.</p>
Fever Bath	<ul style="list-style-type: none"> - Hot Filtered Water (chlorine-free) - a little Epsom Salts for adults only (optional) <p>Prepare:</p> <ul style="list-style-type: none"> - Oral thermometer - Room-temp drinking water - Bathrobe or sweatsuit & socks <p>Drink lots of water before, during & after bath; keep oral thermometer & warm clothes handy.</p>	<ol style="list-style-type: none"> 1) Add optional Epsom salts to hottest water you can tolerate comfortably; fill tub while in it. For children, test water temp w/ elbow. 2) Test oral temp while in bath. Once temp reaches 101°F/38°C, stay in for 20 more min. Get out if too hot. Drink water as desired. 3) Careful getting out – you may feel faint. Dry & dress quickly. 4) Go to bed right away. Rest/sleep & sweat under blanket 45 min. to 2 hrs. 5) Get up, put on dry clothes immediately. 	<p>Avoid use of Tylenol & Ibuprofen; avoid secondary infections & antibiotic use; faster healing; assist body's natural defenses where little to no fever is present during illness</p> <p>*You may take a fever bath up to twice daily during worst part of illness. It is most beneficial before illness peaks.</p> <p>*Fever baths are not appropriate for very young children or pregnant women.</p>
Borax Foot Soak	<ul style="list-style-type: none"> - 1 quart 3% hydrogen peroxide (optional) - 1 cup plain borax 	<p>Pour hydrogen peroxide into foot basin. Add 2 quarts hot water (3 quarts if omitting peroxide). Mix in borax until dissolved. Soak feet for 15-20 minutes. Pat feet dry with towel; do not rinse. Repeat once daily for a week or until problem resolves.</p>	Athlete's Foot; fungal foot infections.