

breath love nourish



detox baths

I have only started enjoying baths a couple years ago. I suppose previously, I only let myself slow down enough to soak in a hot tub; which is definitely not a detox with a glass of wine, and a load of chemicals in the water (although I have found a safer hot tub cleansing treatment:-)

Regardless, I am now a lover of baths of all types. I like bubbles because they are fun to play with, but mostly, I enjoy a really hot soak with some salts and essential oils. I just lay there and fall into deep breathing, not much else happens; I leave the real work for my showers!

Clearing our bodies of toxins is important, but we can't possibly keep it all clean. No matter how much we try to block what is allowed into our lives, toxins have become too pervasive. So, our next step is to help them escape our bodies with ease, and expediency. I've been reading a lot of DIY recipes, trying some out (of course), and I have put together a few for you to try on your own. Keep it simple, use what you have in your kitchen, and/or purchase the basics first, no need to break the bank when all you really need is sea salt.

Check-out this little article on the benefits of **SEA SALT**:

<http://www.popsugar.com/beauty/Difference-Between-Sea-Salts-Epsom-Salts-2011-06-24-135543-18001730>

The DIY recipes I am sharing are all simple, and all equally fabulous! Adding your own essential oils will only elevate your experience, so play with your favorites (and no fillers in those oils:-). Although Epsom salts are the standard, I prefer sea salts. Celtic is super, but Himalayan is good too; Epsom is great for adding magnesium, but that's about it. Sea salts contain a whole family of minerals from the sea, including magnesium, potassium, calcium chloride, sodium and bromide.

Since a lot of us have chlorine and fluoride pumped into our drinking water, it is best to have a filter. It can also help to put a few tablespoons of bentonite clay in your bath water. The clay will absorb the chlorine and fluoride, leaving your bath water a bit cleaner.

I like to end my baths with a favorite body oil, but it is super important to me to let the oil soak in before getting dressed. This does not always happen, but I try to stop and do a few sun salutations, or a five minute meditation. All warm and relaxed, taking this relaxing next step in making sure my day goes as planned is never the wrong choice. HaHa, the simple things as we age... are really the best!!

breathe

I like the advice I got somewhere (can't recall where), but start with your bath water as hot as you can handle. Then just soak until the water cools. The heated water pulls your toxins to the skin, and then the cooling water (with the help of your body trying to stay warm) brings the toxins out. Add some sea salts, your favorite essential oil if you wish, and just breathe for a while... simple enough!

love

This recipe is a salt scrub... exfoliate that lovely organ of yours:

2 fat fingers worth of FRESH GINGER

3/4 cup of SEA SALT

2 tbsp LEMON JUICE

combine INGREDIENTS IN A PROCESSOR & blend

SPREAD EVENLY OVER YOUR SKIN (avoiding sensitive areas) – KEEP RUBBING for better exfoliation

ENJOY YOUR HOT-to-COLD SOAK

RINSE

nourish

1/2 cup BENTONITE CLAY – mix with small amount of water to make paste (Amazon.com)

1/2 cup SEA SALTS – dissolve in water

ESSENTIAL OILS (if desired)

STAND IN TUB FULL OF SALT WATER AND RUB THE CLAY PASTE ALL OVER THE BODY, LET DRY

SOAK IN TUB UNTIL DONE, THEN USE WASH CLOTH TO SCRUB ANY REMAINING CLAY OFF THE SKIN

RINSE

Check-out Facebook... ask questions, share stories, and make requests for our future ventures!

no tub...?

Detoxing can happen without a tub, AND maybe even an easier option for some with a tub...

DETOX IN YOUR SHOWER

dry body brush before hopping in the shower

brush towards your heart

alternate hot and cold temperatures

the lymphatic system doesn't have a pump, and can become stagnant – so the temperature stimulation makes the lymph vessels contract and relax, helping it flow

:30 cold/:30 hot -- repeat 4 times

suggested, but do what you want... too many varying opinions

I like to add a couple drops of my favorite essential oil when I want a little extra zing in the shower' -))

Consider a shower filter to get out the chlorine and fluoride for good! I have just purchased the Berkey shower head with filter (\$40), and will update you on my thoughts!