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# Bath Therapies

We all need water. Our bodies are made up of 60 to 70 % water. water has an amazing ability to relax, cleanse, stimulate, lubricate, revive, balance, satiate, exercise, constrict, open, decongest, suspend and mix. Here are some ways to improve an already amazing thing.

Read Dr Masaru Emoto's book The Hidden Messages in Water, while relaxing in your tub. Love and Gratitude

The best temperature is between 95 and 104 degrees. Too hot and it will be more drying for your skin. The ideal length of a bath is 20 to 30 minutes long. Pat dry immediately.

## Detoxification

Detox of heavy metals - 1-2 lbs  
of baking soda and sea salt

## Itching

Great for itchy skin from poison, sunburn, eczema psoriasis, and chicken pox.

Fill a nylon stocking with 1 C of rolled oats, tie off and put in bath water

## Bloating

2 C of epsom salts or sea salts

## Skin softening Milk Bath

1 C full-fat powdered milk  
2 T almond meal  
2 T barley or oat flour  
2 tsp body oil

## Muscle Pain

2 C epsom salts

## Cellulite reduction

2 T Cellulite Reduction oil

## Relaxing

2 T Relaxing oil

## bacterial infections

2-4 C of apple cider vinegar in hot bath

Great for athletes foot

## Hydrogen Peroxide

This will increase oxygen in your bath thus increasing the availability to your body leaving you feeling alert and revitalized.

2-4 pints of 3% (from drugstores)

Drink plenty of water. Take your body weight and divide in half. Take that amount and put into ounces. Drink that amount every day.