

Salt Bath Recipes

- 2 cups sea salt
- 2 cups baking soda
- 1 cup 20 Mule Team Borax
- 2 tablespoons (or more) | Hypercharged EESalt (if available)

OPTIONAL TO ADD:

- Pine oil or other essential oil
- 1/2 cup bentonite clay
- 2 tsp. - 1/4 cup | ginger powder
- 2 tsp. - 1/4 cup | matcha green tea
- 2 cups Hydrogen Peroxide

DIRECTIONS:

Add above ingredients in a tub of hot water and soak for 30 minutes or more with a wet towel over the chest. Optional but recommended: scrub skin while in bath. Use magnesium lotion or magnesium oil with coconut oil following the bath.