Salt Bath

**De-Toxify:**
2 Cup Epsom salt
2 drops Young Living's lavender essential oil

Usage Suggestion

1. Add 2 cups of Epsom salt to a hot bath in a standard-sized bathtub
2. Add a few drops of Young Living Essential Oils of your choice
3. Soak for at least 15 minutes... then drain the bathtub
4. Rinse off your body in the shower

**Note:** With the detox salt bath: imagine that you have an eggshell around your body that is cracking open and falling into the water... Releasing and letting go of any toxins, low level negative energy and emotions.

**Materials**

Epsom Salt is a pure mineral compound (magnesium sulfate) in crystal form. The crystals are formed from evaporated brine pools in the earths crust.

The 2 key Ingredients of Epsom salts are Magnesium and Sulfur.

- **Magnesium:**

  Eases stress and improves sleep and concentration
  Helps muscles and nerves function properly
  Regulates activity of 325+ enzymes
  Helps prevent artery hardening and blood clots
  Makes insulin more effective
  Reduces inflammation to relieve pain and muscle cramps
  Improves oxygen use
Continued:

• Sulfates:

Flushes toxins
Improves absorption of nutrients
Helps form joint proteins, brain tissue and mucin proteins
Helps prevent or ease migraine headaches

Here are a few recipes for spicing up your salt baths:

Relax:
2 Cups Epsom Salt
2 Cup Pacific Sea Salt
15 drops Young Living's Peace & Calming essential oil

Soothing:
2 Cup Epsom Salt
1 Cup baking soda
3 drops Young Living’s Jasmine essential oil
3 drops Young Living's Rose essential oil

Note: Take at least 1 salt bath per week for maintaining a healthy body and energetic field. If you are going through a traumatic time such as a relationship break-up, loss of a loved one or conflict and wish to let go of emotional “baggage” then you can take up to 4 salt baths a week.

Peace & Relaxation,

Christel