

Therapeutic Bath Soak Recipe

Did you know that bath soaks are important for the body? A cleansing bath can purify your body from built-up toxins, and provide you with much needed relaxation. Soaking before bed is a natural way to promote restorative sleep.

You'll need:

1 Cup Dead Sea salts

1 Cup Epsom salt

1 Cup regular sea salt

1 Cup baking soda

A few drops of your favorite aromatherapy oil (lavender, etc).

**Alternatively, you can use 2 pounds of sea salt with 2 pounds of baking soda.*

Begin by running the bath water hot (or as warm as is comfortable for you). While the water is running, add the above ingredients. This helps to ensure that they are adequately dissolved.

Then, soak in the bath until the water turns lukewarm to cold.

**Do not remain in the bath for longer than 30 minutes.*

Be aware that you may feel light-headed or a bit dizzy when you emerge. This means that the bath did its job. As a result, this recipe is best used as part of your bedtime ritual. It is strongly advised not to use this recipe unless you are able to relax afterward.

You may want to incorporate a cleansing bath into your weekly relaxation routine. It's a simple, rejuvenating way to care for your body—God's temple.

Heighten the experience by lighting an aromatic candle, dimming the lights and playing some relaxing praise and worship music. This will surely do wonders for your mind, body, soul and spirit. Enjoy!