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## **Recipes for Detoxifying, Stimulating Relaxing and Anti-Itch Baths**

\*\* FILL TUB TILL YOU CAN IMMERSE MOST OF YOUR BODY WITHOUT OVERFLOWING\*\*  
\*\* SOAK AT LEAST 30 MINUTES TO OBTAIN THE BEST RESULTS \*\*

### **DETOXIFYING**

Clay - Put in enough of it to make the water very cloudy,  
(Green, black or bentonite clay to choose from.) Remember to shake up the Hydrated Bentonite Clay, if you are using it , as it settles to the bottom of the bottle.)

Hydrogen peroxide - ½ to ¾ cup (Use the 35% food grade peroxide)  
**NOTE: CAUTION: It has a 'bleaching' affect on clothes. Also avoid splashing in eyes!**

Sea Salt - ¾ to 1 cup  
Epsom Salts - 1 to 2 cups  
Herbs - Bayberry, Witch hazel, Burdock, Ginger, etc (ask your Herb Specialist)

Apple cider vinegar - 1 to 2 cups  
Baking soda - 2 or more cups

### **STIMULATING**

Essential Oils: Peppermint, Patchouli, Thyme, Citrus (Lemon, Pink Grapefruit), etc.  
3 – 10 drops depending on the potency, start with small amounts first.  
**(NOTE - CAUTION:** Also be sure to mix it in Epsom salts, or honey to make sure they disperse evenly and not pool on top of the water and irritate your skin.)

### **TO RELIEVE ITCHING**

OATMEAL – Fill a sock with 1 – 2 cups of oatmeal, and put in a bath. Squeeze and soak a number of times to get the 'milk' out and into the bath water.

BAKING SODA – ½ to ¾ cup directly dissolved in the bath water.

### **RELAXING**

OATMEAL – same as above (you can add essential oils to this)

EPSOM SALTS – same as above (you can add essential oils to this)

ESSENTIAL OILS – Lavender, Ylang Ylang, Sandalwood, Bergamot, Geranium, etc  
(use same as above, under “stimulating”)