

Detox Salt Bath

One of the best ways to support detoxification after a session is through salt baths or salt foot soaks, which draw out impurities and promote balance.



Ingredients:

- 2 cups sea salt
- 1-2 cups baking soda
- 1 cup Borax
- (optional) 10 drops of essential oil - lavender, peppermint, or eucalyptus

Instructions:

Dissolve all the ingredients in warm/hot water and soak for at least 30 minutes to help remove toxins, reduce inflammation, and restore mineral balance. Hydrate before/during/after soak. Rinse/shower afterward.