



# Detox Bath

[www.tessgodfrey.com](http://www.tessgodfrey.com)

Epsom salt baths are a great way to detox your body and boost your immune system. You will feel energized and rejuvenated from them because they rid the body of toxins that cause us to be tired and stressed. Taking a bath in Epsom salts allows our bodies to release any harmful substances we've come into contact with via food, our environment, etc. Our skin is our largest organ and a primary detox organ, which is why a detox bath is so beneficial. You can use Epsom salt baths to cleanse your body if you are looking for an easy way to support your liver and help with die-off symptoms with anti-parasite treatment as well; it's a wonderful detox for your whole body.

## *What Are Epsom Salts?*

Epsom salts are made from magnesium and sulfate, which are easily absorbed through our skin, which aids in detoxification.

## *How Epsom Salt Baths Work*

An Epsom salt detox bath stimulates your lymph system and encourages increased oxygen and blood flow to our body. The sulfates in Epsom salts are essential for the formation of proteins lining the digestive tract; they also stimulate the pancreas to form digestive enzymes, which are necessary to detoxify our bodies.

Soaking in Epsom salts boosts the body's magnesium levels because it is easily absorbed - this helps our muscles relax and is why these baths are perfect right before bed. The Epsom salt detox bath recipe below helps neutralise toxins and aids in protecting the body from heavy metals.

## ***Epsom Salt Detox Bath Recipe***

*2 cups of Epsom Salt*

*6 drops of doTERRA Essential Oil (lavender, lemon, tea tree or your choice)*

*2 Tbsp. Organic Apple Cider Vinegar*

*2 Tbsp. Medibody Bath/Soak (available from [www.biotrace.co.nz](http://www.biotrace.co.nz))*

*Warm Water*

*Optional: Pink Salt / Sea Salts*

Make sure to use warm water and not hot water because hot water can dry out skin and strip away protective oils. It is most beneficial to soak in the bath for 40 minutes; this will allow for enough time for your body to remove the toxins and absorb minerals in the bath.

## *Body Brushing After The Epsom Salt Bath*

To help with your detoxification, use a body brush to stimulate your lymphatic system and release toxins.

## *Additional Add-in's For Your Epsom Salt Bath*

Baking Soda, Organic Herbs, Sea Salt, Organic Ginger Powder and Flower Essences