Lavender Bath

**Ingredients**

10 drops Lavender Essential Oil

2 cups Epsom Salt

1 cup Baking Soda

1/3 cup apple cider vinegar

**Directions**

1. Add all of the ingredients to a standard tub full of comfortably hot water.

2. Stir the water around to blend the ingredients and begin to dissolve the salt and baking soda.

3. Immerse yourself in the water, all the way up to your neck. You want as much of your body underwater as you can.

4. Close your eyes, take deep cleansing breaths.

5. Soak for at least 20 minutes.

6. Towel dry and apply a natural moisturizer like body butter or coconut oil with no perfumes or dyes.

7. Hydrate with plain or fruit infused water.

8. Relax.
Lavender & Peppermint Bath

Ingredients
5 drops Lavender Essential Oil
5 drops Peppermint Essential Oil
2 cups Epsom Salt
1 cup Baking Soda

Directions
1. Add all of the ingredients to a standard tub full of comfortably hot water.
2. Stir the water around to blend the ingredients and begin to dissolve the salt and baking soda.
3. Immerse yourself in the water, all the way up to your neck. You want as much of your body underwater as you can.
4. Close your eyes, take deep cleansing breaths.
5. Soak for at least 20 minutes.
6. Towel dry and apply a natural moisturizer like body butter or coconut oil with no perfumes or dyes.
7. Hydrate with plain or fruit infused water.
8. Relax.
Essential Oil Bath Tips

- For a relaxing ambiance dim or turn out the lights and light a few of your favorite candles.
- Play soft music.
- Take a warm to cool shower after the bath.
- If possible, enjoy the detox bath right before bed or when you have some time to rest and rejuvenate afterwards.
- To make the whole experience even better, have a cup of hot tea after the bath.

Your body will thank you!