

DETOX BATH PROTOCOLS/INSTRUCTIONS

1) Set aside time when you will not be disturbed. Make this known to your family if you have one.

2) Gather your supplies:

Bottle of Water - 16 oz minimal

Candles

Some tunes - a play list of about 20 minutes. Nothing with words, or at least not words you can understand. You want this to be dreamy, journey work. Guided visualization is good, but I'd prefer you just drift for this bath.

1 lb baking soda & 1 lb rock (epson) salt

a plush turkish towel or the equivalent

(optional essential oil & crystals)

Now it's your time

3) Take everything into the bathroom. No running helter skelter, back and forth. Once you close the door it's calm time, so now take a couple of deep breathes.

4) Start running the hot water. Don't put anything in yet. Give it about five minutes to heat up the tub. Turn the water off, and plug the tub.

5) Start the hot water again. No cold yet.

6) Add you baking soda and epson salt - ALL OF IT.

7) Light your candles.

8) Add optional 5-10 drops essential oil, and place your crystals around the room.

9) Turn on the cold water and adjust the temp in the tub to as hot as you can do. This will be around 1/2-3/4s of the way full when you start this.

Add and drain as you need until you get there.

10). Undress

11) Turn your journey music on, setting the intention that when it ends you come back into body

12) Slide into the tub

13) When it's over, get out and pat dry. Take a shower in the morning, but tonight let the treatment work it's magic on you and dream. Journal if you choose, but not for more than 10 minutes before you go to bed.

Enjoy! Linda