



Detox BATHS

While our bodies have natural toxin-eliminating functions, sometimes extra support is needed due to the overwhelm of chemicals, drugs, and other toxic materials commonly found in the modern world. Thus, detox baths are an excellent way to cleanse and help rebalance the body as it releases toxins.

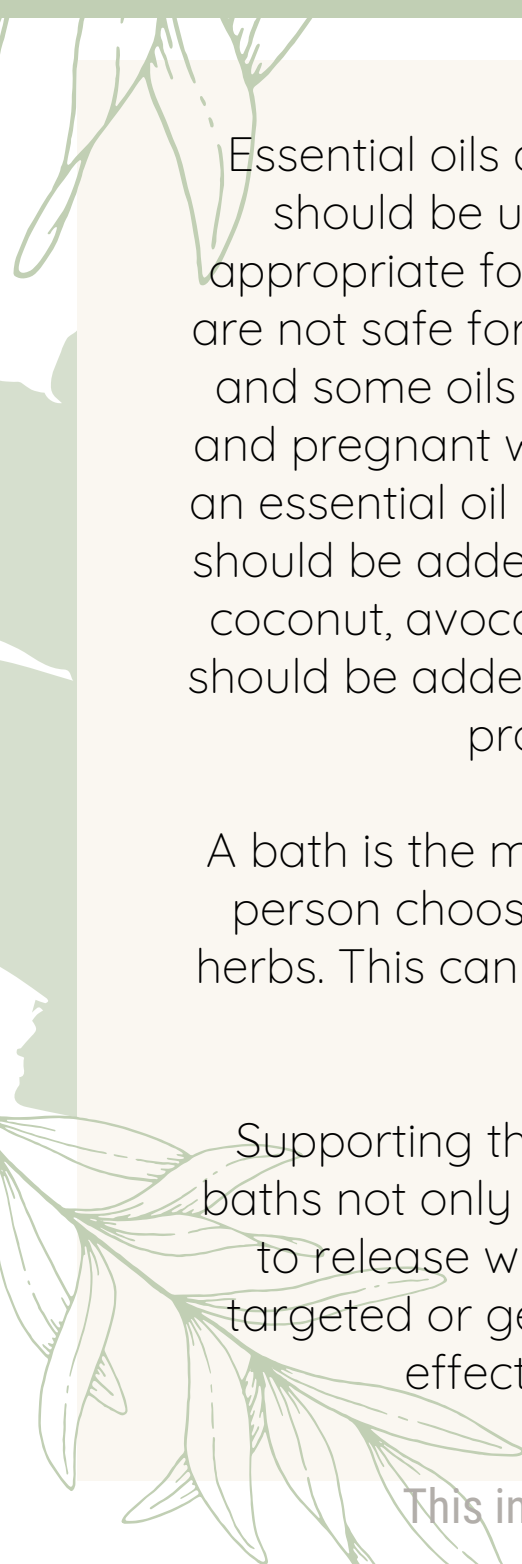


The skin is the largest organ in the body and significant in the elimination process. Over half of our body's toxin elimination is accomplished through the skin. As such, cleansing the body through the skin is an all-natural way to help the body detoxify. There are several different types of detox baths. Some practitioners prefer certain kinds over others for various reasons. Your practitioner can recommend a type of detox bath that may be safe and effective for you.



Cleansing baths are beneficial when there are excess toxins in the body. Each bath can be part of a detoxification and rejuvenation program. In this category consider an bath infused with ozone or a dilute food grade hydrogen peroxide. Some practitioners will encourage clients to add apple cider vinegar or clay to their soak to help them detox.

Some people regularly enjoy a magnesium bath with dead sea or other ocean mineral salts. This relaxes muscles and the magnesium is absorbed through the skin. If a person is typically constipated, a magnesium bath can help them. It is important to know that most epsom salts found in your local pharmacy contain sulfates that are not beneficial to many people. If a person typically tends to have digestion that is too fast (eliminating more frequently than 3 times a day) although an epsom salt bath may relax their sore muscles it will further acidify them and can speed their digestion up even more. This type of person should consider taking a baking soda bath to alkalize their body.



Essential oils are a popular addition to a detox bath and should be used with the understanding of what oil is appropriate for each particular person. There are oils that are not safe for people who are taking certain medications, and some oils are not recommended for babies, children, and pregnant women. It is important to know that any time an essential oil is added to your bathing routine a carrier oil should be added as well. A carrier oil is a neutral oil such as coconut, avocado, olive, and jojoba. A half teaspoon of oil should be added to every 6 drops of essential oil you use to protect sensitive skin on the body.

A bath is the most diluted form of an herbal treatment if a person chooses to soak with one or more dried or fresh herbs. This can add to the experience of bathing and assist skin in healing as well.

Supporting the body to do what it is meant to do, detox baths not only allow us to take a moment to relax but also to release what we no longer need. Whether we need targeted or general support, detox baths prove to be an effective tool for achieving good health.

This information is for educational purposes only.