

Detox Bath Recipes for Soul + Skin

This isn't bubble bath self-care. This is **energy work in water**.

When your system's overloaded, your skin's inflamed, or your spirit's heavy — these soaks pull out what shouldn't be there.

Let the water hold you. Let the salt extract the weight. Let yourself be rebuilt.

■ **BASE INGREDIENTS TO KEEP ON HAND**

- Epsom salt — magnesium for muscle + energy field reset
- Baking soda — pulls toxins, clears static charge
- Sea salt / Pink salt — grounding and protective field seal
- Apple cider vinegar — skin detox + pH balancing
- Clay (bentonite or French green) — draws heavy metals + spiritual grime
- Dried herbs or oils — choose what you need (see recipes)
- Essential oils — lavender, peppermint, rosemary, lemongrass, eucalyptus, clove, frankincense

■ **RITUAL BATH RECIPES**

■ **ENERGY CLEARING & CORD CUTTING BATH**

- 1 cup Epsom salt
- 1/2 cup sea salt
- 1/2 cup baking soda
- 10 drops rosemary + lavender oil
- Optional: small obsidian or black tourmaline in water-safe pouch
- Speak: "I cut all cords not aligned with my highest truth."

■ **TRAUMA RELEASE + NERVOUS SYSTEM RESET**

- 2 cups Epsom salt
- 1/4 cup baking soda
- 1 tbsp bentonite clay
- 10 drops clove + peppermint oil
- Speak: "I release all stored tension, grief, and fear."

■■ **FREQUENCY BOOST & CLARITY BATH**

- 1 cup pink salt

- 1/4 cup apple cider vinegar
- Handful of dried rosemary + lemon balm
- 10 drops lemongrass oil
- Speak: “I rise back into my clarity and calm.”

■■■■ ***DIVINE FEMININE SOAK***

- 1/2 cup sea salt
- 1 cup Epsom salt
- 1/4 cup baking soda
- Dried rose petals, lavender, shatavari root (or substitute)
- 10 drops frankincense + rose oil
- Speak: “I soften. I open. I return to me.”