



# Salt Bath

**Relaxation Guidebook & Recipes**

# Salt Bath

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## De-Toxify:

2 Cup Epsom salt  
2 drops Young Living's lavender essential oil

### Usage Suggestion

1. Add 2 cups of Epsom salt to a hot bath in a standard-sized bathtub
2. Add a few drops of Young Living Essential Oils of your choice
3. Soak for at least 15 minutes... then drain the bathtub
4. Rinse off your body in the shower

**Note:** With the detox salt bath: imagine that you have an eggshell around your body that is cracking open and falling into the water... Releasing and letting go of any toxins, low level negative energy and emotions.

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## Materials

Epsom Salt is a pure mineral compound (magnesium sulfate) in crystal form. The crystals are formed from evaporated brine pools in the earth's crust.

The 2 key Ingredients of Epsom salts are Magnesium and Sulfur.

- Magnesium:

Eases stress and improves sleep and concentration  
Helps muscles and nerves function properly  
Regulates activity of 325+ enzymes  
Helps prevent artery hardening and blood clots  
Makes insulin more effective  
Reduces inflammation to relieve pain and muscle cramps  
Improves oxygen use

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**Continued:**

- Sulfates:

Flushes toxins

Improves absorption of nutrients

Helps form joint proteins, brain tissue and mucin proteins

Helps prevent or ease migraine headaches

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**Here are a few recipes for spicing up your salt baths:****Relax:**

2 Cups Epsom Salt

2 Cup Pacific Sea Salt

15 drops Young Living's Peace &  
Calming essential oil

**Soothing:**

2 Cup Epsom Salt

1 Cup baking soda

3 drops Young Living's Jasmine essential oil

3 drops Young Living's Rose essential oil

**Note:** Take at least 1 salt bath per week for maintaining a healthy body and energetic field. If you are going through a traumatic time such as a relationship break-up, loss of a loved one or conflict and wish to let go of emotional "baggage" then you can take up to 4 salt baths a week.

Peace & Relaxation,

Christel