 

Turn your daily shower or bath into a relaxing wellness experience

**Alternate with hot and cold water in your shower to detox:**

1. Shower with warm water for one minute, then with cold water for 30 seconds. Repeat the cycle several times.
2. Warm water will expand blood vessels and increase circulation, while cold water will contract the blood vessels and lower blood pressure.
3. Make sure you start from feet up when switching from hot water to cold, or cold to hot. Not only will this alternating of hot and cold water temperature increase circulation and wake you up, it relieves the body of toxins and reduces muscle inflammation. Try it!

**Relax with the perfect bath:**

1. Fill the bathtub with warm water.
2. Add 2 tablespoons of olive oil with the same amount of honey and half a glycerine soap bar.
3. Sprinkle rose petals, add a few drops of essential oil and light a scented candle for an indulgent bath that relaxes both mind and body.

Epson Salt Bath

An alkaline bath once a week will purify your entire body and relieves it of toxins:

* Add about 4 tablespoons of alkaline Epson salt to your bath and give yourself plenty of time to enjoy its healing effect.
* Soak for 30 mins in warm water (temperature - maximum 37oC)

Alkaline Baking Soda Bath

Draws harmful toxins and metals out of the body, relieves muscle aches and pains and alkalizes the body:

* Mix 4 cups of baking soda into bath when hot water is running.
* Once temperature is cool enough for you to handle (but still hot), soak for 30-45 minutes, and towel-dry.
* Do not rinse or shower until the following day.

Vinegar Bath

Vinegar bath is a quick way to restore the acid-alkaline balance in your body.

Your body may be too acidic if:

- You have to take deep breaths often to feel as though you are getting enough oxygen

- You feel a burning sensation when going to the bathroom

- Your skin feels clammy or looks yellowish

- You crave for sugar often

- Your stomach feels sour or burning

- You feel lousy and flu-like, with joint pain and muscle aches

Vinegar baths are excellent for getting rid of excessive uric acid in the body. They’re especially good for easing joint pains and conditions such as arthritis, bursitis, tendonitis, and gout:

* Add 1 to 2 cups of 100% apple cider vinegar to a bathtub of warm water.
* Soak for 40 to 45 minutes.