



Detox Salt Bath

One of the best ways to support detoxification after a session is through salt baths or salt foot soaks, which draw out impurities and promote balance.

Ingredients:

- 2 cups sea salt
- ½ cup baking soda
- (optional) 10 drops of essential oil - lavender, peppermint, or eucalyptus

Instructions:

Dissolve the ingredients in warm water and soak for at least 20 minutes to help remove toxins, reduce inflammation, and restore mineral balance.