

SALT BATH

RECIPE & DIRECTIONS

The EESystem-recommended salt bath recipe to use in conjunction with EESystem sessions to assist in detoxification. Ingredient amounts provided are for a general bath size. Reduce/add as required for the volume of water.



2 cups
Sea Salt



2 cups
Baking Soda



1 cup
Mule Team Borax



2 Tablespoons
Hypercharged EESalt
(Purchased from EESystem,
if available)

OPTIONAL TO ADD



pine oil or other
essential oils



1/2 cup
bentonite clay



2 tsp - 1/4 cup
ginger powder



2 tsp - 1/4 cup
matcha green tea



2 cups
food-grade/regular
Hydrogen Peroxide

DIRECTIONS

1. Put ingredients in a tub of hot water and soak for 30 minutes or more with a wet towel over the chest (to help draw out toxins).
2. Beneficial to scrub skin while in bath
3. Magnesium lotion or oil with coconut oil following the bath.
4. Ensure to remain hydrated with water.