

Detox Baths for Purification.

Epsom salts for detox

Another simple way to draw toxins out of the body is to take a hot epsom salt bath. Hot water draws toxins out of the body to the skin's surface, and while the water cools it pulls toxins from the skin, according to Naturopath Dr. Hazel Parcells. When magnesium sulfate (epsom salt) is absorbed through the skin in a bath, it helps to draw toxins from the body, reduce swelling and relax muscles.

Epsom salts are named for the mineral rich waters of Epsom, England, where they were known at least as far back as Shakespeare's day.

General Information:

You may experience flu-like symptoms during the detoxification because your body is ridding itself of poisons. You can get some relief from these symptoms by taking baths using epsom salts (1 to 2 cups) and baking soda (1 cup) in a tub of water and soaking for 20 minutes (soaking for more than 20 minutes may cause you to get too exhausted). On off days, you can put 1 cup of apple [cider vinegar](#) in the tub and soak.

Skin brushing can be very beneficial, because the skin is a primary avenue for detoxification - along with the lungs, kidneys, liver, and colon. Use a vegetable brush. You can purchase this at a health food store. You need to brush all parts of the body toward the heart. Then follow with a sesame oil massage. Massaging with sesame oil brings relief. This oil can be purchased from the health food store. Massage the whole body for 5 minutes before bathing or showering.

Detox Baths:

(NOTE: Baths should be taken on a daily basis during detox and rotated, switching to a different type of bath each day. After detoxing, use whichever bath seems appropriate to meet your current needs.)

EPSOM SALTS AND GINGER:

This bath opens pores and eliminates toxins and also helps to eliminate pain. Stir one cup of epsom salts and 2 tablespoons of ginger in a cup of water first, then add to the bath. Do not remain in the tub for more than 30 minutes.

SALT AND SODA:

This bath counteracts the effects of radiation, whether from X-rays, [cancer treatment](#) radiation, fallout from the atmosphere, or television radiation. 1 cup of baking soda and 1 to 2 cups of ordinary coarse salt (or epsom salts or sea salt) to a tub of water. You can soak for 20 minutes.

EPSOM SALTS, SEA SALT, AND SESAME OIL:

This bath helps with dry skin and stress. Take 1 cup of Epsom salt, 1 cup of sea salt (from the health food store), and 1 cup of sesame oil and put into a warm to hot tub of water and soak for 20 minutes. Pat yourself dry.

VINEGAR BATH:

This is used when the body is too acidic. This is a quick way of restoring the acid-alkaline balance. 1 cup to 2 quarts of 100% apple cider vinegar to a bathtub of warm water. Soak 40 to 45 minutes. This is excellent for excess uric acid in the body and especially for the joints, arthritis, bursitis, tendonitis, and [gout](#).

BENTONITE BATH:

A fast detoxification method. Soak 2 to 4 pounds of bentonite clay in a flat container overnight to dissolve it. Then add this to a tub of water. With 2 pounds of bentonite you would soak one hour; with 4 pounds you would soak only about 30 minutes. The more bentonite used, the faster the detoxification. (NOTE: While bentonite is a great adsorber, it is widely used to seal well-casings and ponds. It would very likely seal many septic systems too, costing thousands to repair. **Use sparingly or with caution!**)