# BATHS, THERAPEUTIC

**See clay bath under "Clay"**
**See detox bath under "Detox"**

**Sitting Bath:** **5 minutes in 1-25 cms of warm water and 1 Tbsp Blade-Borax. 30 seconds cold with 2-3 crystals potassium permanganate (water should only be light pink)**

**Chemo detox bath:** **1 cup of baking soda, 1 cup of epsom salts in a hot bath. Soak for 40 minutes daily after a chemo treatment. Can do this every other day for the week leading up to chemo treatment.**

**Detox bath** **helps a lot with general muscle aches and pains.**
**2 cups Epsom Salt;**
**1 cup Baking Soda;**
**1/3 cup of 3% strength Hydrogen Peroxide**

**Fill tub with hot water and add above ingredients. Soak for 20 - 30 minutes. You will sweat in the tub and lose toxins (which causes you to lose some water as well). It is important to drink plenty of water while you soak.**
**You can make fresh lemon juice and mix with water and drink, or plain water, but it is essential to drink while you take the bath. If you have a tendency to get light headed easily, be cautious when getting out of the tub, or have someone nearby the first time you take a detox bath. Take a lukewarm to cool shower after getting out of the tub to rinse off the salts or you may itch. Rest for 30 minutes after the bath.**