

bath soak recipe: 1 teaspoon sodium ascorbate (or any form of vitamin c powder) . 1 cup epsom salt . 1/4 cup himalayan sea salt . 2 tablespoons aztec clay . 2 drops lavender essential oil (optional) // combine salts and clay (be sure to use a measuring spoon that doesn't contain metal) and add to glass or plastic containers. when drawing the bath - add the vitamin c and let rest for 5 minutes before adding the salt mixture (the resting period is essential to neutralize the water). Depending on the ph of your water, you may notice an odor coming from the bath - or chemicals reducing. you may want to test the water with a ph meter for exact levels. after the powder has rested, shake the jar of salt to evenly distribute the clay. add to warm water and dissolve. if you'd like to add essential oil, do so now. caution: when using oil, stay clear of mint (all types) which can reduce body temp. be sure to educate yourself on proper oil use before adding to this recipe. bathe for 20 - 30 minutes (2 to 3x per week). if using for children (ages 2 years and up) half the recipe. be sure to consult your physician if you are pregnant, would like to use with infants, or have health concerns.