

## *The Ancient Healing Ritual of Bathing*

**Taking a long soak in a warm bath is one of the best ways to reset your body, your mind, and your spirit.**

There are many benefits:

- Reduce stress
- Increase presence
- Eliminate toxins
- Improve circulation and flow
- Quality sleep
- Relax your muscles
- Restore calm
- Improve your overall wellbeing!

Creating your very own bathing ritual will be one of your favorite self-care practices. So, read on for inspiration!

### **Basic Detox Bath**

The water temperature should only be as hot as you can tolerate without feeling faint.

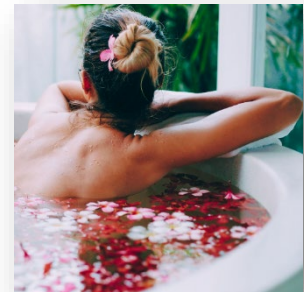
As the water drops in temperature, slightly below body temperature, there is an osmotic exchange of fluids. The toxins are drawn out of the body and into the tub of water.

#### **Ingredients:**

Epsom Salts

Optional additions for your bathing ritual (see list below)

#### **Directions:**



1. Add 1-2 Cups of Epsom Salts as you fill the bath with hot water (per your tolerance).
2. Soak in the tub for 10 – 30 minutes or until the water cools.
3. Rinse off when you are done soaking.

**Special additions to your bath could be:**

- Seaweed
- Essential Oils
- Crystals
- Sea Salt
- River Rocks
- Rose Petals

## Detoxifying Earth Bath

**Ingredients:**

¼ Cup Magnetic Clay

1 Cup Baking Soda

2 Cups Epsom Salts

Your preference of quality essential oils (see ideas below)

Optional additions for your bath water (see list below)



**Directions:**

1. Start filling the bath with hot water (per your tolerance).
2. Add magnetic clay, baking soda, and Epsom salts while filling the bath.
3. Use a long handled wooden spoon to mix the ingredients in the bath while the water is running.
4. Soak in the tub for 20 minutes, 5x a week.
5. Rinse off thoroughly when you are done soaking.

**Suggested additions to your bath:**

- Essential Oils (suggestions below)
- River Rocks
- Crystals

**Suggested essential oils for your bath:**

- Eucalyptus for breathing
- Lavender for calming
- Balance Blend (tree oils) for grounding

## Alkalizing and Clearing Bath

Luke-warm baths are rejuvenating. They energize and alkalize. Baking Soda is a great addition because it clears stagnated energy and clears the auric field.

### Ingredients:

- ½ Cup Baking Soda
- Luke-warm bath water

### Directions:

1. Start filling the bath with luke-warm water.
2. Add baking soda and soak in the tub for a minimum of 10 minutes.
3. Rinse off when you are done soaking.



## Sea Salt and Baking Soda Bath (good for radiation)

### Ingredients:

- 1 pound pure Sea Salt
- 1 pound Baking Soda

### Directions:

1. Start filling the bath with hot water (per your tolerance).
2. Add sea salt and baking soda while filling the bath.



3. Swirl gently with a long handled wooden spoon as you fill the bath so the ingredients dissolve.
4. Soak in the tub for 30 minutes or until the water cools.
5. Rinse off thoroughly when you are done soaking.

## Cleopatra's Beauty Bath

### Ingredients:

- 1 cup whole milk (either Goat or Cow)  
or 5 scoops of Goat Milk Powder
- ¼ cup honey
- 5 drops Lavender essential oil



### Directions:

1. If using liquid milk, add 1 cup to a clean glass jar with a tight lid.
2. Add the honey and tighten the lid.
3. Shake thoroughly until honey is dissolved. If needed, open the jar and use a spoon to stir any remaining honey until it dissolves.
4. Take the jar to your bath.
5. Start filling the bath with very warm water. You don't want the bath water too hot or it will destroy the beneficial properties of the honey.
6. If using the powdered goat milk, add the scoops to the running water as you fill the tub. Then add the honey to the water.
7. Add the Lavender oil drops to the bath water.
8. Swirl gently with a long handled wooden spoon as you fill the bath so the ingredients dissolve.
9. Soak in the tub for at least 10 minutes or until the water cools.
10. Rinse off thoroughly when you are done soaking.

For a delightful benefit, add Rose Petals to your bath.

## What makes Cleopatra's Beauty Bath so special?

**Milk** contains lactic acid, which is an alpha-hydroxy acid (AHA). AHAs have been used in the skincare industry for years as they penetrate the top layers of the skin to remove dead skin cells. This exfoliation stimulates the skin and helps to regenerate healthy cells.

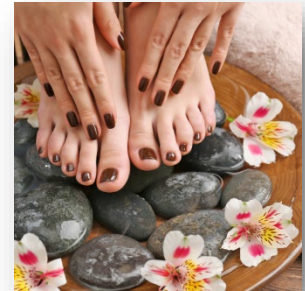
**Honey** contains high levels of antioxidants, which help to repair your skin and to protect it against oxidative and environmental damage. Honey is also naturally antimicrobial.

## Foot Soaks

If you are not a bath person, any of these recipes can be used as a foot soak. You will still benefit and it may be easier for you to do.



If you don't own a foot soak tub, here's a very nice (and inexpensive) version to try. [Purchase it on Amazon here.](#)



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## Additional Tips

- Use a dry skin brush BEFORE your bath to increase circulation.



- Create a beautiful bathing ritual by lighting a beeswax candle and playing relaxing music to further enhance your bath time.
- Purity is essential. Use organic bath products wherever possible. Remember, any products used in the bath will be absorbed through your skin.
- When adding essential oils, I encourage the use of doTERRA for their purity and therapeutic benefits.
- Have a beautiful dress or comfy robe to slip into when you are done bathing.
- After a hot bath, move slowly. Make time after your soak to sit and relax, as you may feel light headed or faint after a detox or hot bath.
- Always hydrate after bathing. Be sure to drink plenty of pure water (try a PUR2O filter and feel the difference).

***PLEASE NOTE: Use caution if you are experiencing any of the following conditions. A hot bath and/or a long soak in the tub may not be advised.***

- Diabetes
- High blood pressure
- Kidney dysfunction
- Open wounds
- Pregnancy/breastfeeding
- Prone to fainting
- Under the influence of drugs or alcohol

## Additional Bath Rituals Support



[BAKING SODA](#)



[CRYSTAL - 7-PIECE SET](#)



[EPSOM SALTS](#)



[DOTERRA ESSENTIAL OILS](#)



[EPSOM SALTS](#)



[GOAT'S MILK POWDER](#)



[HONEY](#)



[MAGNETIC CLAY](#)



[RIVER ROCKS](#)



[ROSE PETALS](#)



[SEA SALT](#)



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## BONUS:

### Moon Bathing Rituals for Intention Setting and Future Visioning

#### NEW MOON Intention Setting Bath

The New Moon is the start of the lunar cycle and represents new beginnings.

This is the perfect time to set your intentions for the month ahead. It's also a good time for reflection and looking back on the last month.



#### New Moon Ritual Ingredients:

- Palo Santo wood stick
- Favorite beeswax candle
- Grounding crystal – Hematite or Jasper
- Intuition-Opening crystal – Labradorite or Amethyst
- Your favorite journal and pen
- Heart-Chakra opening oil – Jasmine or Bergamot essential oil or the Breathe blend

#### Bath Ingredients:

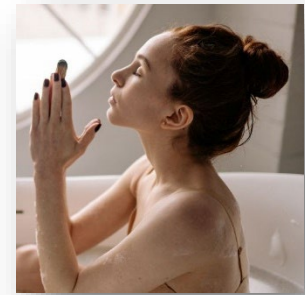
- ½ cup pure Sea Salt
- ½ cup Epsom Salts
- 5 drops Lavender essential oil
- 5 drops Patchouli or Sandalwood essential oil

#### Directions:

1. Start filling the bath with hot water (per your tolerance).
2. Add sea salt and Epsom salts while filling.
3. Swirl gently with a long handled wooden spoon as you fill the bath so the ingredients dissolve.



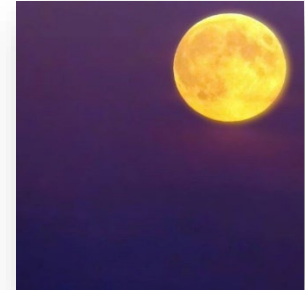
4. Gather your New Moon ritual supplies – Palo Santo, favorite candle, crystals, essential oils, journal and pen.
5. Burn the Palo Santo to cleanse the old energy of the past month and prepare for the New Moon energy.
6. Light your beeswax candle.
7. Place your crystals, essential oils, and journal next to the tub within easy reach.
8. Add the Lavender and Patchouli (or Sandalwood) essential oils to the bath water and stir again.
9. Enter the bath and once settled, place the grounding crystal (Hematite or Jasper) on your chest. Breathe and bring yourself to the present moment – grounded and centered.
10. Place one drop of either Jasmine or Bergamot essential oil (or the Breathe blend) into your palm and rub your hands together for several seconds. This brings up the heat and circulation energy into your hands and warms the oil, intensifying the aromatherapy. Cup your hands in front of your face (at least an inch from your skin), feeling the warmth of your hands and the scent of the oil. Breathe in and out slowly 3 times as you begin to set your intentions.
11. Hold the intuition-opening crystal (Amethyst or Labradorite) to your forehead (Third Eye Chakra) or on top of your head (Crown Chakra) for a few seconds as you tap into your inner wisdom and your heart's desires for the coming month.
12. Place the crystals next to the bath. Pick up your journal and pen to write your intentions.
13. Relax and soak for 30 minutes or until the water cools as you journal your intentions for the new lunar cycle.
14. Rinse off thoroughly when you are done soaking.



## FULL MOON Future Visioning Bath

The Full Moon represents the energetic climax of the lunar cycle and is a time to pause and soak up the energy and guidance available to you at this time.

Use Full Moon energy to reflect on your intentions and goals. Then envision and anticipate where you are heading.



### Full Moon Ritual Ingredients:

- Palo Santo wood stick
- Favorite beeswax candle
- Grounding crystal – Hematite or Jasper
- Energy- and Creativity-Opening crystal – Carnelian, raw Garnet, or Citrine
- Your favorite journal and pen
- Sacral-Chakra opening oil – Wild Orange or Tangerine essential oil or the Citrus Bliss blend

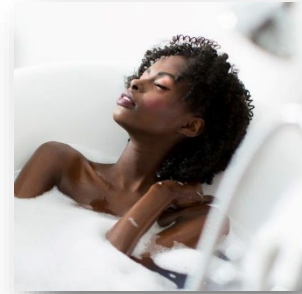
### Bath Ingredients:

- ½ cup pure Sea Salt
- ½ cup Epsom Salts
- 5 drops Lime essential oil
- 5 drops Rosemary or Geranium essential oil

### Directions:

1. Start filling the bath with hot water (per your tolerance).
2. Add sea salt and Epsom salts while filling.
3. Swirl gently with a long handled wooden spoon as you fill the bath so the ingredients dissolve.
4. Gather your Full Moon ritual supplies – Palo Santo, favorite candle, crystals, essential oils, journal and pen.
5. Burn the Palo Santo to cleanse the old energy of the past month and prepare for the Full Moon energy.

6. Light your beeswax candle.
7. Place your crystals, essential oils, and journal next to the tub within easy reach.
8. Add the Lime and Rosemary (or Geranium) essential oils to the bath water and stir again.
9. Enter the bath and once settled, place the grounding crystal (Hematite or Jasper) on your chest. Breathe and bring yourself to the present moment – grounded and centered.
10. Place one drop of either Wild Orange or Tangerine essential oil (or the Citrus Bliss blend) into your palm and rub your hands together for several seconds. This brings up the heat and circulation energy into your hands and warms the oil, intensifying the aromatherapy. Cup your hands in front of your face (at least an inch from your skin), feeling the warmth of your hands and the scent of the oil. Breathe in and out slowly 3 times as you begin to reflect on this month's intentions set at the New Moon. (If desired, grab your journal and write before moving on to the next step.)
11. Hold the Energy- and Creativity-Opening crystal (Carnelian, raw Garnet, or Citrine) against your stomach, below the belly button (Sacral Chakra) for a few seconds as you tap into your creativity and your deepest dreams to begin envisioning your future.
12. Place the crystals next to the bath. Pick up your journal and pen to write your intentions.
13. Relax and soak for 30 minutes or until the water cools as you journal your future vision at the height of the lunar cycle.
14. Rinse off thoroughly when you are done soaking.



## Additional Moon Bath Rituals Support



[BEESWAX CANDLE](#)



[CRYSTAL - 7-PIECE SET](#)



[CRYSTALS - CARNELIAN](#)



[CRYSTALS - CITRINE](#)



[CRYSTALS - GARNET](#)



[CRYSTALS - JASPER](#)



[CRYSTALS - HEMATITE](#)



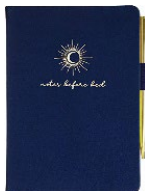
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