

5D Souls Solar Blend Detox and Activate Bath Soak

Detox baths go beyond just soothing and boosting our well-being by strengthening our immune system and preventing disease. A detox bath is an easy and gentle healing therapy we can do to support our body's natural detoxification system.

If you struggle with toxins or skin issues, 5D Soul Solar Detox Bath Blend is a simple, easy, and inexpensive way to boost health. A good detox bath will also tend to make you tired so we suggest doing them as part of your bedtime routine.

Our blend is based on a traditional ginger bath, a herb used for thousands of years for detoxing from colds and flus. Ginger is a vasodilator and produces a slight increase in temperature in your body. Your skin may be slightly red after use and it is completely normal to feel heat or an episode of sweating after the treatment is complete.

Important: Do not take a detox bath if you are pregnant, or have heart, kidney, or any other health issues. Consult a doctor before adding anything to your health routine.

How to Take a Detox Bath

- Add your 5D Soul Blend to a standard tub full of hot/warm water. The hotter the water, the more you'll sweat, and the better you'll detox.
- Turn off the lights. Light candles. Clear your mind, meditate & relax.
- Start slow so you can get used to the feeling of the detox. It is recommended to start with a foot soak (1 tbsp and increase tolerance to 3 tbsp per bath) then a bath (1/4 cup and increase tolerance to 1 cup).
- Immerse yourself in the water – get as much of your body underwater as you can. Close your eyes, take some deep breaths and relax for at least 20 minutes. (We suggest preparing your bath on a day that you will have at least 40 minutes available. The first twenty minutes are said to help remove the toxins, while the second twenty minutes are for absorbing the minerals in the water).
- Once you are done soaking, get out of the tub carefully – it's common to feel a bit light-headed. Your skin may be red from the ginger. Both of these should go away shortly and a quick rinse off with cool water can help!
- Moisturize with pure and natural oils only. Steer clear of soaps, shampoos and lotions with artificial fragrances, dyes, and toxic chemicals as your pores are open post bath and can more easily absorb the chemicals found in those products.
- Hydrate yourself with plenty of water before and after to support your body's detox process.
- A great time to do the detox is before bed – detox baths can leave you feeling drowsy and a great night of sleep post-bath is an amazing way to support your body's rejuvenation process.

Tips for the perfect detox bath:

- Start slow. The more 5D Detox blend you use and the hotter the water, the more intense the detox.
- If the detox bath is making you feel uncomfortably nauseous, lightheaded, or just plain sick (common side effects of intense detox), try cutting back on the detox blend, using cooler water, and/or bathing for a shorter amount of time.
- Don't have access to a bath? Get some of the benefits of the detox bath by doing a foot soak using a large container and soak those toesies away.