

GINGER BATH RECIPE

Draw a warm bath and add 1/3 cup of powdered ginger and 1/3 cup of baking soda. Mix well, then let stress melt away as you soak in the bath for roughly 15 to 20 minutes (unless you find yourself overheating).

TRADITIONAL GINGER BATH RECIPE

Simply grind a piece of fresh ginger and add 1/2a cup of the freshly ground powder to your warm bath water and stir it in with your hand. The ginger can turn the water yellow or brown in color, but it's nothing to be concerned about. Simply lay back and enjoy a relaxing soak for 20 to 30 minutes.

GINGER DETOX SALT BATH


For this bath salt blend, mix 1/3 cup of Epsom salt, 1/3 cup of Pink Himalayan salt, 1/3 cup of baking soda and 3 tablespoons of ground ginger. When you're ready to use the salt blend in the bath, scoop out 1/3 cup of the salt blend into your hot bath water and add 1/3 cup of apple cider vinegar. Jump in the bath when it's the right temperature for you and enjoy a relaxing soak for 30 minutes.

ESSENTIAL OIL BATH BLEND

For additional aromas other than ginger, combine 2 cups of Epsom salt, 1 cup of baking powder, 3 tablespoons of ginger powder, and about 10-15 drops of essential oils (eucalyptus or cinnamon pair nicely). Mix the blend completely and add to your warm bath water.



Take a Ginger Bath

 20 - 40 min

Ginger promotes sweating, and sweating is the body's natural way of cleansing itself of toxins. Ginger works especially well in the bath because the warm water opens the pores. This allows the ginger to act more aggressively, entering the body at a faster pace. This is also why a sauna is such a good way to cleanse the body. In fact, taking a bath with ginger is an excellent substitute for a steam sauna.

To reap the most detoxifying benefits of a ginger bath, soaking for 20 to 40 minutes is best. Afterward be sure to be careful getting out of the tub, in case the warm water and ginger leaves you feeling a little light headed and rehydrate after you have dried off.

BENEFITS

- **Digestion:** A bath with ginger can help with digestion. Ginger is known for its pro-digestion properties; ginger-ale is consumed by many to aid it.
- **Burns Calories:** Ginger slightly raises the body's temperature and thus helps burn calories.
- **Eases Flu and Cold Symptoms:** Ginger's properties can also help relieve certain flu and cold symptoms like aches and pains.
- **Relieves headaches, Can treat diarrhea, Assists with blood pressure, Can lower cholesterol**