HEALTHY NEWS

The DIY Detox Bath That Strengthens The Immune System And Soaks Away Aches, Harmful Toxins And Pesticides

By bestfolkmedicine · 07/06/2020 · 2 min read



Detox baths can do wonders for our immunity by making it stronger and lowering our risk of illnesses.

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Detox baths also help us improve our overall health by expelling surplus toxins from the body and encouraging the production of digestive juices and enzymes that help in this cleansing process.

This is an effective, simple, and healing therapy which can use the support of the body's natural cleansing system.

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With this in mind, use the free time you have for yourself and some self-care: enjoy this detox bath for half an hour and you'll immediately feel better.

Come on' let's check out what we need for this detox bath to be complete!

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DIY Cleansing Detox Bath for Stronger Immunity

You'll need:

2 cups of Epsom salt

A cup of baking soda

A tbsp of bentonite clay

20 drops of essential oil of your choice

Prep:

Combine the Epsom salt, baking soda, and bentonite clay. Then, add the essential oils and fill your bathtub with hot water. Add the mixture before going in.

Repeat this enjoying therapy every week.

What Are the Benefits of the Ingredients?

Bentonite Clay

This natural clay is able to pull heavy metals, toxins, and other waste from the body.

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It also helps reduce the pH of the body and it also stimulates the lymphatic system, detoxifies the skin, reduces stress, and frees you from parasites.

Baking Soda

Baking soda is known to alkalize the body and it also improves the liver's functioning and betters the digestion.

Epsom Salt

This salt is made from sulphate and magnesium; however, our body doesn't absorb magnesium from food well.

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So, by soaking in Epsom salt, you help ease the absorption of minerals through the skin.

Toxins Are all Around Us?!

Even when you're at rest, the pores of your body deal with toxins on the daily. One of the ways to free the body from toxins is through sweating and of course, through baths.

The hot water draws the toxins at the skin's surface and then cleans them away as the water's temperature is dropping.

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Moreover, a detox bath isn't just good for cleaning your body, but it may also help with the healing processes and fight off unpleasant and excessive body odor.

Sources:

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