

## Saltwater Bath

Stress energy builds up on our chakras. One way to help remove some of this dirty energy and maintain etheric hygiene is a saltwater bath. The salt will disintegrate the dirty energy from the body and chakras. Try to take a saltwater bath at least one day a week. It is best in the evening right before bedtime.

### Saltwater Bath Recipe

2 cups salt (plain table salt is fine, sea salt, or ½ salt, ½ epsom salts)

12 drops essential lavender oil

6 drops essential tea tree oil

Soak in the bath for a maximum of 20 minutes- NO LONGER. After 20 minutes, the body will begin to reabsorb the negative energy. Drain the tub, and take a shower washing your body with soap.

### Super Stress Busting Recipe

If you are really stressed, add instant coffee to the above recipe.

1 cup decaffeinated instant coffee (the dry granules)

If you are not able to take a bath, rub the salt on your body- for this I recommend using plain table salt. Place salt into a waterproof plastic container, drop lavender and tea tree essential oils into the salt and give a good shake to mix throughout the salt. Gently rub on your body to distribute salt all over.