

## Spa-At-Home Recipe: Body-Mind-Spirit-Emotion Detox With QuietStar's Detox Bath Salts

### Especially good for:

- when you feel stressed or overwhelmed or are in a rapid state of transformation
- to prepare for a workshop
- to support a change in eating (or other) habits
- to let go of body-mind-spirit-emotion debris
- shifting physical energy in your body
- when your body feels toxic

### What you need:

1 or 2 large towels (beach towels or bath sheets, or a terrycloth robe)

1-2 cups of QuietStar's Detox Bath salts (or substitute 1-2 cups Epsom salts + 6 drops eucalyptus essential oil)

Candles or soft lighting

Quiet area with bathtub and a place to lie down

Ambience: music, fountain, meditation CD, etc.

Pure drinking water for during and after (add lemon or lime if you like)

2 pieces of paper and writing apparatus. Journal/paper for after.

### The Recipe:

1. Set your intention: Put what you would like to release on one piece of paper and what you would like to create/bring in on the other.
2. Fill the tub with water that's a little too hot for you. Let it sit for 7 minutes to evaporate the chlorine (if you have a water filter on your bathtub, skip wait).
3. Light candles, set music, fountain, etc while you wait.
4. Just before you get in, dissolve bath salts in water and stir. (If using essential oils, add them AFTER you get in to avoid sitting on them!) Water should be as hot as you can take it, as it will cool.
5. Immerse and breathe. Breathe in relaxation and your intended result. Breathe out what you are releasing. Use a louffa if you like gently on your skin.
6. Stay for  $\frac{1}{2}$  hour or until the water begins to cool. Quickly wrap yourself completely, except your head) in your towel(s)/robe, lie down, cover with a blanket and "sweat"! I suggest a dark room and soothing music or a meditation CD.
7. When you cool down, take a shower, washing your hair as well. Feel the water wash off the remainder of the "gunk". Then imagine white light streaming over you, continuing the purification while bringing in what you've asked to receive.
8. Dry off, meditate, rest or do yoga. Drink lots of pure water and be kind to yourself, as the letting-go can continue for a time.



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