

Hormones Detox

Reset Your Hormones

Detoxifying and Healing Baths

Sea Salt and Baking Soda Alkalizing & Detoxifying



This bath is extremely alkaline and may cause a tingling sensation on the skin. It is also helpful in reversing the toxicity of radiation absorbed from cell phones, pad devices, computers, microwaves, televisions, x-rays and other medical scans.. It has a skin-softening effects.

Ingredients

- 1 pound sea salt
- 1 pound baking soda (aluminum-free)
- ½ cup jojoba oil (for skin softening)
- 6 drops of lavender oil

Dissolve the sea salt and the baking soda in a regular-sized tub of water. Add jojoba oil and lavender drops. The water should be as hot as you can handle. Stay in the bath till water cools down, approximately 45 minutes. Do not rinse or shower but simply pad your skin dry. It's best to do it in the evening as you might be feeling tired after this bath.

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Apple Cider Vinegar Detoxifying & Pain-Relieving



Apple cider vinegar helps us stay alkaline by lowering the levels of acidity in our bodies. It will balance your pH levels. It also helps reduce arthritis risk and joint pain by eliminating toxins from the joints and helps with urinary tract infections by balancing pH levels.

Ingredients

- 2 cups of organic apple cider vinegar

Add ACV to hot water and soak for 30 minutes. It's best not to rinse afterwards.

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Epson Salts Relaxing & Replenishing



The scientific name for Epson salts is magnesium sulfate. By soaking, we deliver both magnesium and sulfate for our body to function well. Most people are magnesium deficient which results in insomnia, muscle aches, anxiety, and many more. Sulfate's role is in the formation of brain tissue and joint proteins, and it can strengthen the walls of the digestive tract.

Epson salt baths are known to relax, replenish, help dry skin and detoxify.

Ingredients

- 2 cups of Epson Salts
- optional
- ½ cup of olive or coconut oil
- 6 drops of rose oil

Dissolve Epson salts in warm but not hot water. Soak for 12-15 minutes up to three times per week.

For extra skin-softening and moisturizing effects, add oil and/or essential oil of your choice, such as rose oil.

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Seaweed Anti-Cellulite



The seaweed in this mask helps to reduce the appearance of fat cells. Additionally, the acid from the lime juice and the moisturizing properties of the honey are a good combination for your skin.

Ingredients

- 1/2 cup dry seaweed
- 1/2 cup green clay
- 1/4 cup lime juice
- 1 tbsp honey
- 3 tbsp hot water

First, grind the seaweed and add it to the green clay. Add the lime juice, honey and hot water. Spread on your legs, wrap with plastic for 25 minutes and then rinse off in the shower. Use weekly for the best results.

For best cellulite-reduction results, reducing estrogen dominance is key. www.HormonesDetox.com program is geared towards rebalancing your hormonal health.

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Complete detoxification

The above bath ideas should be seen as *complementary methods* to an overall detoxification program. For a complete experience, feel free to join us at www.HormonesDetox.com.

Precautions

Who should not be taking detoxification baths: pregnant women, people with circulatory issues, heart problems or high blood pressure.