

## *Bath Salt Recipe*

Baking soda used in a bath has therapeutic properties. It may alleviate Acidosis, which is a process causing increased acidity in the blood and other body tissues. Acidosis causes excessive accumulation of Lactic Acid in the muscles during prolonged exercise; baking soda, aka sodium bicarbonate, may cause this Lactic Acid to be secreted out of muscle fibers and become neutralized. Using baking soda internally or in a bath may accelerate the recovery of muscles following strenuous exercise and help to prevent muscle weakness and fatigue.

### *Ingredients*

- 1 cup Baking Soda
- ½ cup Epsom Salt
- 5-10 Drops of Essential Oil

#### **Essential oils:**

Lavender & Bergamot

Rose, Lavender, and Chamomile

