

Drawing Bath

A drawing bath is used to draw or pull toxins from the body, primarily through the oil glands on the skin. Sweat baths help eliminate water-soluble toxins, while drawing baths help to eliminate fat-soluble toxins. Drawing baths are useful for skin eruptive diseases and heavy metal detoxification.

There are a couple of ways to make a drawing bath.

For instance, decoctions of blood purifying herbs can be used in baths. Simmer a handful of the herb or herbs you want to use in a large pot with a couple of gallons of water in it for about 20-30 minutes. Strain and add to the bath.

You can also use commercially prepared liquid herbal extracts in a bath.

You need a full two-ounce bottle in a bath, however, so although convenient, that can be rather expensive. Both blood purifying herbs as well as some mucilaginous herbs can be used. Oatmeal also makes a good drawing bath. Essential oils can also be used in drawing baths.

Two agents that are effective for drawing baths are Epsom salt and clay.

Epsom salt is available at any supermarket or drug store. Use about two cups of Epsom salt per bathe. Epsom salt is also helpful for sweat baths. It relaxes the skin pores and encourages elimination through the skin.

Fine clay is even more effective than Epsom salt as a drawing agent.

You have probably heard of or maybe even used a clay mask for drawing oil out of skin pores. Well, clay can be used in a similar manner in a bath to absorb both fat- and water-soluble toxins from the body. Hydrated bentonite is easy clay to use in a drawing bath, but you must use a whole bottle for one bath. Redmond clay (not available from NSP) can be purchased in bulk and is a less expensive option.

Essential Oils: Lavender, Rose Bulgaria, and Rosemary

Herbs: Burdock, Dulse, Kelp, Oregon Grape, Pau d'Arco. And Yellow Dock

Herbal Formulas: Lymphatic Drainage and Red Clover Blend