

Relax Bath Soak

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.

2 cups Epson Salt

1 cup Baking Soda

¼ cup Apple Cider Vinegar

5 drops of Clarify Essential Oil (Solle naturals)
or any Essential Oil that calms and relaxes you

Mix Essential Oil with Epson Salt & Baking Soda before bath,
add to water, then pour in ACV.

Sit Back & Relax!

