

Bath Recipes

1. The Ginger Bath

Ginger may have a strong flavor. But it surely is good for you. If you can't take the taste of raw ginger or ginger ale, it is best that you just add it to your bath to detoxify your body. Prepare a quarter of a cup of grated fresh ginger. Pure powdered ginger will also do. You are going to need two tablespoons of such. Put the grated ginger in a muslin bag or cheese cloth. Then dip the bag into the bathtub full of warm water. For the powdered variant, you simply have to sprinkle it over your bath. Soak in the solution for 40 minutes. Keep the water warm by adding hot water for best effects.

2. Baking Soda and Epsom Salt Bath

Salt isn't good for you if too much of it is added to your food. But you can certainly add a lot of salt into your bath and reap more benefits than harm. This baking soda and Epsom salt bath is one of the best detox bath recipes around. It is the simplest one to prepare too. Just add a cup of Epsom salt and two cups of baking soda into your bath. Salt and baking soda are composed of minerals that can aid in the body's detoxification process. In fact, it can make the water feel silky, thus leaving your skin velvet smooth. You can also add glycerin into your bath to keep your skin from becoming dry. Put less than a tablespoon if your skin is oily. For added fragrance, you can put drops of any essential oil of your choice.

3. Milk Bath

Who wouldn't want to soak in a smooth and silky tub of milk? Surely, every woman in the world would love this. In fact, this one of the best detox bath recipes ever created. To prepare the bath, you are going to need two cups of dry milk powder. Combine it to a cup of cornstarch. Blend the two well and put it to your bath water. Add a few drops of your favorite oil for fragrance. To make it a more special milk bath, you can add half a cup of dried chamomile leaves. If you can't find any, chamomile tea bags would do. You are going to need at least four of them. Dissolve the milk in half a cup of boiled water. In a separate container, steep the chamomile tea bags or dried leaves for 20 minutes. Strain it. Add it to the milk. Then pour it over your bath.

4. Oatmeal Bath

Oatmeal is good for the skin. It can also be used as a scrub to detoxify the body. Blend two cups of oatmeal using a blender. If you can find oatmeal powder, that's better. You are only going to need three tablespoons of oatmeal to add in your bath. Grate a bar of mild baby soap into it for fragrance and to address dry skin problems. Blanched almonds can be added to the ground oatmeal for best effects. You can also use the pure mixture to scrub your face and whole body. This is one of the best detox bath recipes for body scrubs.

5. Vinegar bath

For this bath, you will need apple cider vinegar. Regular vinegar won't do plainly because it doesn't smell good. Just add a cup of apple cider vinegar into your warm bath. Soak in it for 40 minutes to detoxify your body. This bath can help relieve muscle stress and joint pains. It can also flush out excess uric acids from your body.