

I.P.A ADULTS

Cleansing Bath Ritual



# CLEANSING BATH RITUAL

## *Cleansing bath recipe:*

- 12 drops** Lavender essential oil\*
- 3 cups** Himalayan pink salt (or Epsom salts will do)
- 1 cup** apple cider vinegar (*I reccomend Braggs*)

*\*Endeavour to get the purest form of essential oils that you can, from organically grown plants. "Fragrance oil," "nature identical oil," or "perfume oil" can be full of synthetic chemicals.*

