



DEAD SEA SALT BATH TREATMENT

Relaxing & Healing Bath

A nice soak in a hot tub with our dead sea salts is just the ticket to relieving your senses again! Make each muscle and nerve in the body loose and limp and relaxed, and you can feel a pleasant sensation of pure relaxation. Many other benefits including some healing properties.

Ingredients:

Dead Sea Salt
Essential Oils
Optional: color drops

1. Pour one lb. of Dead Sea Salts into a large bowl.
2. Measure 15 ml of carrier oil into a measuring spoon. Mix oil into your Dead Sea Bath Salts with a large spoon.
3. Gradually add drops of essential oils, (Lavender for relaxing, Eucalyptus for refreshing or as desired) stirring the salts well after each drop. Start with two drops and add as many as ten depending on the strength preferred.
4. *Optional:* Color your Dead Sea Bath Salts, if you desire. Add 1/16 to 1/8 tsp. of mica powder to the formula. Mix well. You can also use an FD&C, adding one drop at a time until you reach your desired color.
5. Use the entire lb of sDead Sea Bath Salts at once to create a high salinity bath, with benefits similar to those of the Dead Sea.

Treatment Program:

Frequently	1 time a week
Minimum Advised	2 consecutive
Maintenance	Once a month

Application Notes:

To approximate the conditions of the Dead Sea, do not heat your bath water over 100 degrees Fahrenheit (37.8 degrees Celsius). When the water is more than 2 degrees warmer than your body temperature, the heat begins to remove minerals from the skin rather than relay them.

If you are using the Dead Sea salts to address skin conditions, mix a double batch of 2 lbs. of Dead Sea Bath Salts for each bath. You may also want to avoid using dyes or essential oils. Buy a large package of Dead Sea Salts and take a Dead Sea bath once a week or month.