

DIY DETOX BATH RECIPE

Ingredients:

1/3 cup Epsom salts
1/2 cup coarse sea salt
2 tsp ground ginger
1 tbsp fresh lemon juice

1. Combine all of the ingredients in a bowl.
2. Draw a bath and pour mixture in tub. The flowing water will help mix it.
3. Soak in the bath for about 20 to 30 minutes and enjoy!

