

Healthy Baths



Our skin is our largest organ -- and also the thinnest. Less than three millimeters separates our body from potential toxins. Worse yet, our skin is highly absorbent. Anything we put on our skin will end up in our blood stream, and will be distributed throughout our body, so be fond of saying "don't put anything on your body that you wouldn't eat if you had to..."

Our skin is the mirror of our inner health.

The skin has numerous functions; the primary function of the skin is to protect our body. Without skin we would die of massive infections or of allergic shock.

The skin's other function is the elimination of our body's waste. Of the organs of elimination, the skin stands second in importance (after the lungs). The skin is so important to our internal health that without its continual function we would live about five hours. That is why we need to detoxify our skin.

A simple way to detoxify our skin is the use of natural herb baths.

A regular herbal bath is an easy way to gently remove harmful toxins from your body. Using it on a regular basis will cleanse your body and bring balance back to your natural state of wellness. Drawing pollution, metals and toxins out through our skin may improve your health and allow your body to heal.

Our body has stored years of toxins and pollutants since it is not able to release those toxins. It is important to use these baths on a regular basis to assist our bodies in the cleansing process.

Our body is constantly cleansed through natural processes such as sweat, liver functioning, bowel movements, kidneys, breathing, and other bodily fluids that are released. But, our modern world is so toxic that our bodies are unable to keep up with the current demands. These toxins accumulate faster than our natural bodies can eliminate them.

Therapeutic baths are a very ancient form of healing used by many people. Water itself has a strong healing power.

Full Bath

Fill the bath with warm water, add ¼ to ½ cup of mixed herbs and relax in the bath for 15-20 minutes. If possible shower off with cold water to invigorate the body. After drying massage the body with small amount of herbal oil to protect the skin.

Foot or Hand Bath

Maurice Messague the French herbalist who resurrected this form of therapy felt that foot and hand baths were more potent than full bath.

Foot Bath

If you feel tired, your legs and feet are aching, herbal foot or hand bath will soon soothe you. Our feet are extractor organs and the sweat rids the body of toxins, so the herbal foot baths are wonderful remedy for poor circulations to legs and feet. These baths will draw blood from inflamed parts of the body and help to relieve cramps in feet and legs, and neuralgic pain.

Hand Bath

Because there are many reflex points in the hands, hand baths can affect other parts of the body and are recommended to restore healthy circulation in the wrist and hands. This is excellent treatment for cold hands.

The best times to have therapeutic baths are morning and evening, soaking the parts up to the ankle or wrist for up to 15 minutes each time.

Sitz Baths

Can be used for conditions of the lower abdomen and genitor-urinary organs. These baths if taken regularly can increase circulation and eliminate congestions, irritations, stagnation and inflammation.

A warm bath for 15 minutes in the evening before going to bed is good for relaxing, reliving painful menstruation, pelvic congestion, fibroids, and treating urinary conditions, gout, constipation and hemorrhoids.

We can use the herbs for bathing by preparing a decoction of the herbs using three dessert spoons herbal mixture to 1 liters of water, boil this mixture for 15 minutes and steep the herbs for another 15 minutes. Strain and add 1 cup of the decoction to our bath water.

Or we can soak 100 grams of mixed herbs in 5 liters of cold water overnight. The next day this is brought to the boil, strain and used 2 or 3 times.

Other simple way to use it is by simply adding 2 tablespoon to half cup of blend to muslin or other small bag and put in the warm or hot bath water. Leave in tub for entire bath. Empty bag after each use and add new contents for next bath.

Herbs to use in your bath

Rosemary as an antioxidant can help reduce inflammation in the body and promote a healthy detox, promote relaxation and alleviate aches and pain. The skin will benefit from its ability to refresh and stimulate the circulation. Rosemary is the ideal energizing wake up in the morning leaves one feeling invigorated to start the day.

Lavender is perhaps the most popular bathing herb. As well as perfuming the bath lavender is a disinfectant and will soften your skin and strengthen the nerves. It is used for inflammation from insect bites.

Calendula is popular as a wound healer and skin-repair herb. It speeds the healing of cuts, burns, and abrasions by promoting the formation of granulation tissue while preventing bacterial growth and for pain and skin swelling. It is good for wounds, sprains, and inflamed and sore eyes.

Camomile will soothe body and soul and leaves your skin velvety soft and it will protect sensitive and heavily burdened skin.

Oats removes many of the impurities from the skin. Oats are also an amazing natural beauty enhancer. They soothe and heal the skin, while reducing inflammation. Oats have actually been clinically shown to help heal dry, itchy skin. Because oats are slightly rough, they are one of nature's most amazing exfoliates. They soften the skin, making it super silky. Speaking of dry itchy skin, many people who suffer from eczema say that an oatmeal bath totally sorts them out! Oats can also soothe chicken pox, mosquito bites, and dry skin (caused by excessive central heating, pollution etc.) They soothe mild burns, any type of irritated skin.

Stinging Nettle has been used for hundreds of years to treat rheumatism, eczema, arthritis, gout, and anemia. Stinging nettle is very effective in treating benign prostatic hyperplasia (BPH), and urinary tract infections. Nettle leaves may be used for inflammatory diseases of the lower urinary tract.

A **mustard** bath is a traditional English remedy for tired, stressed muscles. Mustard is known for its stimulating, cleaning qualities. The mustard draws out impurities and warms your muscles.

Ginger has detoxifying properties. Acts as an anti-inflammatory and can also soothe cramps and headaches.

General rule: Full body baths should not be employed within an hour before a meal.

Disregarding this rule will greatly interfere with digestion, and produce more harm than the bath is able to do well.

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