

## Powdered Seaweed Bath

2 ½ oz. Organic Bladderwrack Powder  
4 drops of your favorite Essential Oil

Pour organic bladderwrack powder into a very warm bath. Add essential oil and blend. Relax for 20 mins. Great for detoxifying!

## Detox Organic Bladderwrack Bath

3 oz. Organic Bladderwrack Seaweed  
6 drops of your favorite Essential Oil  
Muslin or Cheesecloth  
Elastic

Put Organic seaweed into the center of the muslin/cheesecloth and tie closed with an elastic to make a pouch. Fill tub with very warm water. Drop pouch into tub and steep for 10 mins. Add essential oil. After you get into tub, gently squeeze pouch to release oils and circulate around tub. Relax 20 mins.

## Ginger Orange Detox Soak

15 drops Orange Essential Oil  
3 tsp Ginger grated (fresh or dried)  
1 c. Epsom Salts  
½ c. Baking Soda  
2 tbsp. Sea Salt  
2 tbsp. Organic Bladderwrack Powder

Blend all ingredients in a bowl until well combined. Pour contents into a very warm tub. Relax 20 mins.

## Salt Detox Bath Recipe

1/3 c. Apple Cider Vinegar  
¼ c. Epsom Salt  
5-10 drops any Essential Oil  
¼ c Baking Soda  
2 tbsp. Organic Bladderwrack Powder

Fill tub with very warm water. Pour apple cider vinegar, epsom salts and other ingredients into tub. Relax 20 mins.

## Clay Detox Bath

½ c. Epsom Salts  
5-6 drops Essential Oil  
½ c. Bentonite Clay  
2 tbsp. Organic Bladderwrack Powder  
Small Glass Jar

Dissolve epsom salts in very warm water. Add essential oil and organic powder. Add clay to a small jar with very warm water, shake until clump is dissolved, then add to bath. Relax 20 mins.