

DIY Seaweed Baths

www.vitaminseaseaweed.com



Detox Bladderwrack Bath

3 oz. Bladderwrack Seaweed

6 drops of your favorite Essential Oil

Muslin or Cheesecloth

Elastic

Put 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.