

DIY Seaweed Baths

www.vitaminseaweed.com



Ginger 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. Bladderwrack Powder

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