

# DIY Seaweed Baths

[www.vitaminseaweed.com](http://www.vitaminseaweed.com)



## Powdered Seaweed Bath

2 ½ oz. 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!

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