

DIY Seaweed Baths

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Salt Detox Bath Recipe

1/3 c. Apple Cider Vinegar

1/4 c. Epsom Salt

5-10 drops any Essential Oil

1/4 c Baking Soda

2 tbsp. Bladderwrack Powder

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