**Medicinal Bath Recipes**

The Renewal Bath

¼ cup Arnica oil

5-10 drops Eucalyptus oil

Frankincense oil

10-15 drops Myrrh oil

1 cup Colloidal oatmeal

Fresh rose petals (red or pink are preferred, or you may use rose water)

1 Hematite stone

1 capsule of vitamin B complex

4 small Amethyst stones

3-5 drops of cinnamon oil

3-5 drops of Grapefruit oil

1 cup Epsom salts

The Detox Bath

1.2 cup Bentonite clay

½ cup Red Moroccan clay

2 small Shungite stones (known to reduce EMF’s and other toxins)

4 tablespoons of Manuka honey

4 small Amethyst stones

5-10 drops of Bergamot oil

Ginger (you can juice some ginger root, use ginger tea bags, or ginger essential oil – use only a small amount)

1 cup Epsom salts

The Stress Reduction Bath

Magnesium (add about ¼ cup of liquid magnesium)

Lavender oil (10-15 drops)

1 capsule of L-Lysine (to boost the immune system)

4 small Rose Quartz crystals (or one larger one)

2 small Fluorite stone

2 small jade stones

4 small Amethyst stones

Chamomile (you may use either the fresh flowers or 4 chamomile tea bags)

5-10 drops of Bergamot oil

1 cup Epsom salts