

# SALT BATH

## RECIPE & PROTOCOL

The EESystem-recommended salt bath recipe and protocol to use in conjunction with EESystem sessions to assist in detoxification.

Ingredient amounts provided are for a general bath size.

*Reduce/add as required for the volume of water.*



**2 cups**  
Sea Salt



**2 cups**  
Baking Soda



**1 cup**  
Mule Team Borax



**2 Tablespoons**  
Hypercharged EESalt  
(Purchased from EESystem,  
if available)

### OPTIONAL TO ADD



pine oil or other  
essential oils



**1/2 cup**  
bentonite clay



**2 tsp - 1/4 cup**  
ginger powder



**2 tsp - 1/4 cup**  
matcha green tea



**2 cups**  
food-grade/regular  
Hydrogen Peroxide

### DIRECTIONS

1. Put ingredients in a tub of hot water and soak for 30 minutes or more with a wet towel over the chest (to help draw out toxins).
2. Beneficial to scrub skin while in bath
3. Magnesium lotion or oil with coconut oil following the bath.
4. Ensure to remain hydrated with water.