

Ginger Bath Recipe



Ginger is a root that is spicy and pungent in flavor and it works wonders for your well-being! Taking a ginger bath will open up your pores, increase circulation, boost digestion, relieve gas and bloating, calm nausea, and soothe cold and flu symptoms. Ginger is highly anti-inflammatory and harbors potent healing properties for detoxing also. Ginger baths provide extra detox benefits by causing you to sweat, a lot. Even in Luke warm water you may be surprised how much you sweat, which cleanses you from the outside, in!

RECIPE

- 1/2 Cup powdered Ginger
- Draw a warm bath (must stay in for 20 minutes)
- Stir with your hands and enjoy