

Epsom Salt Bath Recipe

Source: Mark Hyman, MD, *Ultra Simple Diet*, 2007

Ingredients

2 cups Epsom salt
1/2 cup baking soda
10 drops lavender oil

Directions

1. Dissolve Epsom salt, baking soda, and lavender oil in bath water as hot as you can tolerate.
2. Soak for 20 minutes just before bed.

Note: If all you have is Epsom salt, that will work fine.