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Healing Baths with Essential Oils



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Healing Power of Baths

"The sea cures all ailments of man." - Plato

For centuries, the oceans have been extolled for their healing powers, in large part due to their mineral content and the ability of those minerals to pass through our skin and support our healing.

The mineral constitution of the human body is very similar to that of the sea water. In fact, seawater and our blood plasma are 98% identical. When immersed in warm seawater the body absorbs the minerals it needs through the skin.

Water is the optimal carrier for nutrients as it both absorbs and magnifies their healing potential. One teaspoon of water can actually absorb 4 teaspoons of nutrients. This is one of the reasons that bone broth is so healing. Similarly, warm bathes with magnesium sulfate from Epsom salt and sodium bicarbonate from baking soda can create a similar healing experience.

Here's why: The combination of water, heat and minerals opens skin pores, allowing them to absorb the minerals and flush out harmful toxins through the sweat glands. Layering in specific essential oils can further enhance the experience.



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Healing Power of Minerals

Epsom salt

A naturally occurring mineral compound of magnesium and sulfate first distilled from seawater in the town of Epsom, England, Epsom salt can enhance the detoxification capabilities of the body, improve circulation, calm and sedates the nervous system, relax muscles and reduce swelling and inflammation.



Studies have shown that both magnesium and sulfate are easily absorbed through the skin and into the body's blood stream. The skin is a highly porous membrane that both takes in minerals and eliminates toxins every day.

Magnesium plays a number of roles in the body including regulating enzyme activity, reducing inflammation, helping to improve muscle and nerve function along with blood flow throughout the body. Magnesium is also exceptionally calming and can help reduce stress, relax muscles and nerves, and promote relaxation and good quality sleep.

Sulfates are building blocks for healthy joints, skin and nervous tissue. They help improve the absorption of nutrients, flush toxins and help ease migraine headaches.

Baking soda



Sodium Bicarbonate is an alkaline substance naturally produced in the body that buffers acids and helps balance the pH of the body. It also supports the organs of detoxification, including the skin, liver and kidneys.

For example, research demonstrates that it helps the kidneys remove acid from the body and can improve kidney function. It also soothes itchiness and irritation for skin conditions like psoriasis, sunburns, bug bites and allergic rashes.

When taken before intense exercise, sodium bicarbonate buffers the lactic acid that builds up in hard-working muscles, delays fatigue and enhances athletic performance.

Benefits of Healing Baths

Healing baths help restore our physical, mental and emotional well-being. They are known to:

- Support detoxification
- Reduce inflammation
- Improve circulation
- Relieve depression
- Soothe muscular tension
- Strengthen cellular immunity
- Calm the nervous system, reducing anxiety and supporting optimal sleep
- Reduce symptoms of skin concerns such as rosacea, psoriasis and eczema



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Healing Bath Recipe

2 cups Epsom salt
1 cup Baking Soda
3 - 7 drops Essential Oils *

*Mix Essential Oils with Epsom Salt before adding to bath water for optimal absorption



Adding Essential Oils to Baths

Layering Essential Oils on top of the basic healing bath recipe can help amplify and enhance the healing benefits. Essential Oils help to balance the body, mind and emotions and relieve symptoms like pain, fatigue and nervous tension.

Bath salts can help disperse the oils safely into the water. Just sprinkle between 3 - 7 drops of Vibrant Blue Oils essential oil into the Epsom salt before adding to the warm bath water. Adding the oils directly to hot water can cause them to evaporate quickly or float on the top of the water.



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Detox Bath

Parasympathetic

Healing baths are ideal for supporting detoxification efforts. The combination of magnesium sulfate and sodium bicarbonate support the organs of detoxification, including the skin, liver and kidneys in their effort to eliminate toxins

The addition of Vibrant Blue Oils [Parasympathetic](#) oil can further increase heat levels, which will help you to sweat out toxins. The blend also triggers the optimal rest and digest parasympathetic state necessary for detoxification and can be used to lessen detoxification symptoms like nausea, headache and bone aches.



Pain Relief Bath

Nerve Repair

Add Vibrant Blue Oils [Nerve Repair](#) blend to the healing bath to help relieve muscle cramps, pain and inflammation. As an added benefit, apply the Nerve Repair oil topically to the area of pain before getting into the hot bath. Individuals with arthritis and sports injuries often find healing baths useful for reducing pain and inflammation.



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Relaxing Bath

Calm or Lavender

A healing bath can be a wonderful tool for relieving stress, enhancing relaxation and improving sleep. Vibrant Blue Oils [Calm](#) and [Lavender](#) further calm the mind and the body, supporting the optimal transition toward restful sleep. These oils can also help reset over-active children before naps or bed.



Invigorating Bath

Lymph, Focus or Energize

Healing baths can increase vitality and stamina and help energy flow through the meridian system.

Vibrant Blue Oils [Lymph](#) stimulates the lymphatic system, the series of vessels that eliminate toxins and inter-cellular waste from the body. It also gets the energy flowing and boosts vitality.

Vibrant Blue Oils [Focus](#) helps energize, enhance alertness and sharpening the mental processes. Vibrant Blue Oils [Energize](#) supports and improves vitality and stimulates energy.



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Uplifting Bath

Uplift, Heart or Rose

Healing baths can help wash away depression and anxiety and replace them with joy, optimism and relaxation.

Vibrant Blue Oils [Uplift](#) is ideal for releasing negative emotions and washing them away. Vibrant Blue Oils [Heart](#) blend aligns the mind and body with love, optimism and joy, setting the stage for vibrant health and healing. Vibrant Blue Oils [Rose](#) blend is uplifting and helps gently release anxiety and nervous tension.



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Kids Bath

Lavender

Healing baths are a wonderful tool to reset and balance energy for children. They can be used to relax and unwind before a nap or bedtime or to reset during a tantrum or between activities.

Vibrant Blue Oils [Lavender](#) is ideal for children as it is known for its calming abilities and considered mild and safe

For children under the age of 6, use ½ cup of Epsom salt and ¼ cup of Baking Soda. For children between the ages of 6 – 12, use 1 cup of Epsom salt and ½ cup of Baking Soda. Be careful to caution children not to drink the bath water as Epsom salt is a laxative and internal consumption can lead to increased bowel movements.



Immune Boosting Bath

Thymus and Immune Support

Healing baths can help relieve cold and flu symptoms. Before entering the tub, apply Vibrant Blue Oils [Thymus](#) over the thymus gland (in front of the heart). Make the bath water as warm as you can stand it and soak for at least 15 minutes.

Upon exiting the tub, apply Vibrant Blue Oils [Immune Support](#) over the throat (diluted) and to the bottom of the feet. Cover feet with socks and crawl under the covers. Try to relax under the covers for at least 30 minutes while you sweat out the cold. Try to get as much sleep as possible. When you wake the next morning, you will often feel significantly better!



Additional Information

Healing baths have been shown to help detoxify and anti-inflate while improving mineral and sulfur balance in the body. They can also help to improve the symptoms of many health conditions, including chronic disease or chronic pain.

Much research has been done on ideal soak time ranging from 10- 40 minutes. One study found that you need about 20 minutes to remove the toxins, and another 20 minutes for the body to absorb the minerals.

We recommend that you consider a water filtration system to avoid bathing in tap water containing chlorine, fluoride and other heavy metals.

Try to avoid using soap in a healing bath, as it will interfere with the action of the minerals and the detoxification process.

Try to rest for an hour or two afterwards unless you have arthritic joints, in which case you will want to stay active as much as possible to prevent congestion in the joints.

Consult with your physician before taking Epsom salt baths if you are pregnant or have a medical condition.

Epsom salt may exacerbate some skin conditions. Consult with your doctor before sprinkling any salt into the bathwater if you have any open sores or wounds, signs of infection or inflammation.



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