

Relaxing Magnesium Soaking Bath

This will help release tension, stress, and worry. It also will help cleanse you of any negativity surrounding your aura. It's a magnesium bath soak. I begin by making sure I have a peaceful set-up, if you have to wait till a little later when the kids are in bed then I suggest doing it when you have the most time to relax and before bed.

Make sure to clean your bathtub first and that you start with a clean space.

Set the mood have some candles or mood lighting set to relax. Play some relaxing music. I like Solfeeggio 432Hz frequency play list on Soundcloud!

Fill your bathtub with the hottest water you can stand.

Prep your hot green tea so it's ready to pour in your bath, you can also make a cup of non-caffeinated hot tea to drink while you soak. Or bring water with you will need to stay hydrated the water will be super-hot.

Add 5/6 cups of magnesium flakes to running water

add 1 cup of baking soda to running water

add 8 drops of Clary Sage essential oil

add 8 drops rosemary essential oil

**and 8/10 ounces of steeped green tea (start before your bath so it can steep for 5 minutes) to running water

***if you are a crystal enthusiast you can add a few crystals for whatever you are feeling. Clear quartz is always an easy solution since it does so much, I like to add rose quartz, amethyst, and moonstone to my bath!

Soak in this bath for 15-30 minutes (till water temperature drops) and after you are done rinse your body with the coldest water you can stand. Sometimes if I'm going to bed after the soak, I take a cold shower.

Click on the items below to shop in amazon.

