

SPIRITUAL BATH

The difference between a regular bath and a spiritual cleansing bath is in your intention. While a regular shower or bath is recommended for physical hygiene, a spiritual bath washes our spiritual energy.

INGREDIENTS

Salt is a protective agent that grounds and purifies the body. Sea salt is a good option. Epsom salt contains minerals known to reduce soreness and inflammation.



Herbs such as rosemary, sage, or parsley are good for a simple cleanse. For relaxation choose lavender, rose, or lemon balm. To promote invigoration pick eucalyptus, peppermint, or grated ginger. To heal, use calendula, chamomile, red clover, dandelion flower, or stinging nettle.

Essential oils are an effective way to carry properties if you don't have access to fresh herbs.

Candles and incense invoke the Fire and Air Element. Choose scents and colors associated with your purpose.

Music is an important part of ambience, so curate the sounds you'd like to hear. It is fine to do a spiritual bath in silence too.

RITUAL BATH

- 1. Clean your space:** Use natural cleaners, scrub your tub and put away unnecessary items. Take a quick, preliminary shower.
- 2. Fill the tub and gather items:** Light the candles, make any final adjustments to the space, and set your stage.
- 3. Stir in ingredients:** Mindfully add each element one at a time.
- 4. Enter the bath:** Say a mantra, spell or prayer for your goal.
- 5. Let go:** Cup your hands and pour water over your head. Visualize negativity sliding off your back and dissolving in water.