

Spiritual Coffee Bath

Use the power of coffee to release unwanted energies, welcome fresh motivation, and ground yourself in renewed strength.

- 2-4 cups brewed coffee
- Warm water
- White candle
- Optional: Sea salt, Honey, Cinnamon, Clove, Mugwort, Bay leaves



1. Brew a strong batch of coffee and let it cool to a comfortable temperature.
2. Fill your bathtub with warm water and pour in the brewed coffee. Enhance the bath by adding sea salt for purification, honey for self-love, cinnamon for prosperity, or essential oils like frankincense for spirituality and rosemary for clarity. Let the ingredients blend, creating a soothing and revitalizing soak.
3. Light a white candle or incense to set the mood.
 4. Step into the bath mindfully, setting an intention (*"I release all that no longer serves me"*).
5. Soak for at least 15-20 minutes, visualizing your energy being renewed. Envision negativity washing away and fresh energy surrounding you.
6. Rinse off with fresh water to complete the cleanse.