

## Super Bath Elixir

Taking therapeutic baths is a very healthy process for grounding, feeling calmer and sleeping better. Remember to do this practice once or twice a week. Put at least 2 cups of the pink salt into your bath water. You can bring in gem stones and also essential oils like lemon and orange and cinnamon. Light some candles and simply unwind and be for a bit. Do some deep breathing and connect to your True Self.

Also remember to take a shower before going to bed as this clears your field and grounds you and prepares your body for rest and rejuvenation.

[You Can Click Here To Purchase Pure Kosher Himalayan Salt for lower cost in 2 or 5 pounds bags.](#)

To Your Health,



Rino Soriano