

Diana Stobo's

Guide To Detox Baths

**Relax Your Way To A Lighter,
More Peaceful And Youthful
You Without Diet Or Exercise**



I promise to always bring you my best knowledge and most loving guidance so you can feel empowered to live with health, vibrance and beauty every single day!

Diana Stobo



EATING FOR HEALTH, VIBRANCE AND BEAUTY

1. Who is Diana Stobo?

Diana is a raw-food and juicing expert, weight-loss specialist, holistic health practitioner, and mind-body nutritionist.

She is living proof that transitioning to a healthful diet can help you lose weight, gain energy, heal your body, and look younger and more vibrant. As a 50-year-old mother of 3, Diana looks and feels better than ever before. Diana is living proof that eating LIVE brings you a life of health, vibrance, and beauty.

2. What exactly is Diana Stobo's "GUIDE TO DETOX BATHS"?

It is a downloadable ebook that describes different types of baths that can help relax, detox, or energize your body.

3. How will it help me?

By following the tips in this guide, you learn what types of natural substances you can add to your bath water to achieve different results.

4. How do I know if it's right for me?

If you are in general good health and want some new ways to use baths to increase your overall health and wellness, then this guide is right for you.

The information in this eBook is true and complete to the best of the author's knowledge. All recommendations are made without guarantee on the part of the author.

The author disclaims any liability in connection with the use of this information. Individuals with serious health problems or conditions should consult a physician before following the advice contained herein. The contents of this book are not intended to take the place of professional medical advice and treatment, if needed. The author does not dispense medical advice herein.

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Introduction

Your skin is a mirror of your lifestyle. Hundreds of years of Chinese medicine has proven that anything that shows up on the skin is directly related to the internal issues of the body. Skin is the body's largest organ of elimination and detoxification, so using it to help eliminate internal issues will improve your overall health. Water therapy aids in detoxification by pulling toxins out of your skin and infusing it with minerals.

Nice essential oils and some tender loving care during or after the bath can help soothe and comfort. Nurture your skin and nurture yourself.



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Salt Bath

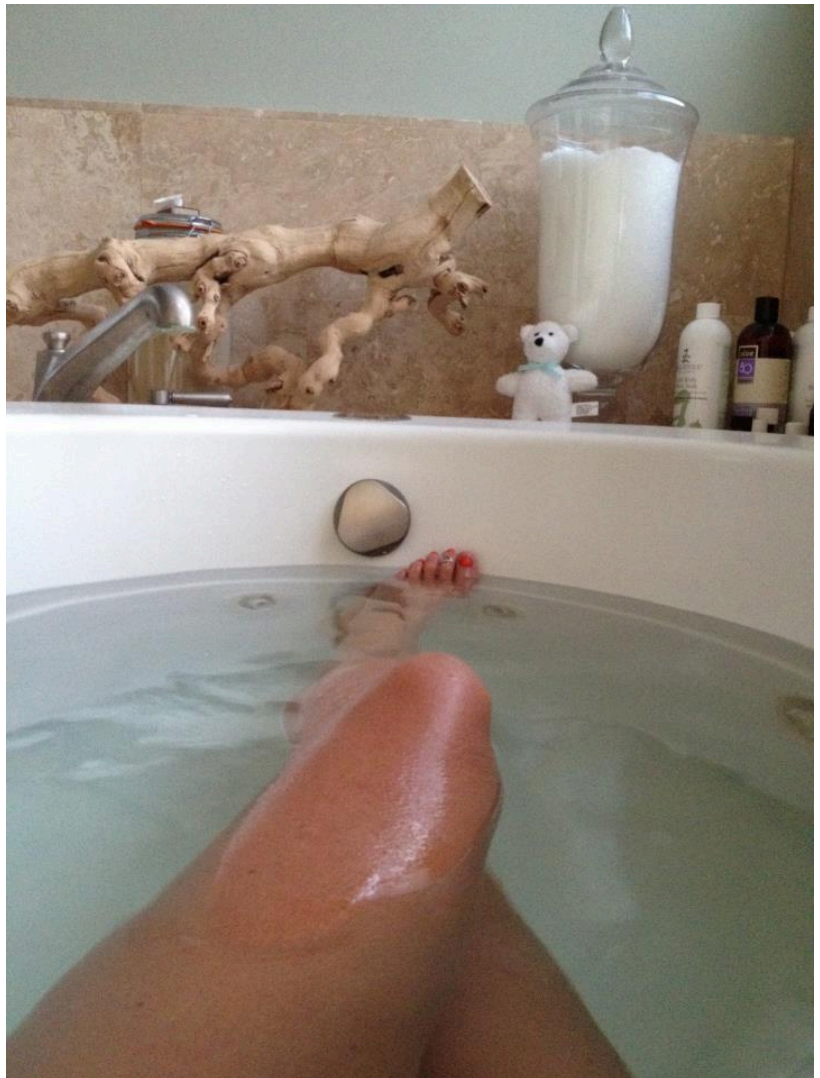
Salt bath helps to stimulate the body's healing energies by pulling toxins out from the skin.

Directions: Use sea salt, Epsom salt, or a bath salt that you like and soak for at least 20 minutes.

Oxygen Bath

Oxygen bath is stimulating rather than relaxing. Most will find a large increase in energy after about three days.

Directions: Add 1 cup of food-grade 35% hydrogen peroxide to your bath.





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Baking Soda Bath

Baking soda bath can be remarkably therapeutic and extremely detoxifying. It is especially therapeutic for those with sleep issues or who have a high intake of alcohol, caffeine, nicotine, or prescribed medications. Baking soda balances an overly acidic system leaving you refreshed and invigorated.

Directions: Add 8 ounces of baking soda to your bath and swirl to dissolve. Soak for 20 to 30 minutes. Make sure to wrap yourself in a towel and lay down for 15 minutes to recover from any dizziness that may occur from the rapid toxin release.

Tip: Don't forget to dry brush before you soak to stimulate the lymphatic system and increase the elimination process. Once you enter the tub, you will have engaged your body with a sensation that allows it to recognize a clearing will begin.

Tea Bath

Tea bath is an herbal concoction that can be used to feed the body through the skin. Using elder flower, peppermint, and yarrow can help with stiff joints. Chamomile flowers or lavender flowers provide a relaxing and soothing bath. Black tea along with baking soda can help facilitate a virus or flu to move quickly through the system. There are many concoctions for added healing and nutrient absorption.

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Seaweed Bath

Seaweed bath is great to take once a week to help stimulate lymph drainage, reduce cellulite, rid your body of toxins, balance body chemistry, reduce tension, and beautify skin texture. For best results, dry brush your skin before the bath.



Directions: There are two ways to take a seaweed bath:

1. Draw very hot water in a tub to 1/2 full. Put the seaweed into the tub and steep until it softens and the water is cool enough to enter.
2. Make a strong infusion in a large pot on the stove, simmering the seaweed for 10 to 15 minutes. Strain out the seaweed and pour the infusion into your bathwater.

Soak in the deep bath for 45 minutes to 1 hour. Keep adding hot water to maintain a high temperature. You can also rub the seaweed on your

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body for best results. If you become overheated or uncomfortable, just perch on the edge of the tub for a couple of minutes. The bath will get slimy; this is normal.

In the video "Sea Kelp Mineral Therapy Bath," I show you how to take a kelp detox bath. Link:

<http://www.youtube.com/watch?v=srZZypHgJKA>

Clay Bath

Clay bath is another wonderfully detoxifying bath. I use Vitality Herbs & Clay Sacred Clay or Aquiterra Clay and add about 1/4 cup to my bath water. You can also make a paste out of it and rub it on your skin or feet or use it for a facial.

Tip: If you order some clay from Vitality, enter "**Diana Stobo**" in the Coupon Code or Comments box for a free sample of Black Beauty bath clay. <http://www.vitalityherbsandclay.com/>

