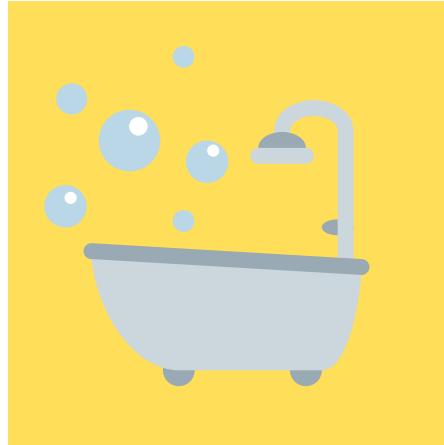
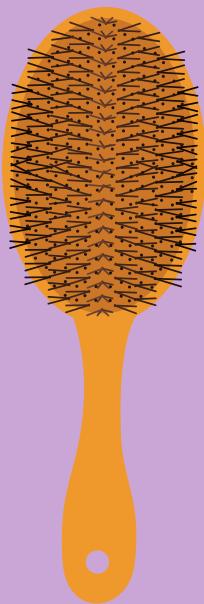




DR. RACHEL'S TECHNIQUES TO CLEANSING TOXINS THROUGH THE SKINS



SIMPLE
SELF-CARE

LOW
COST &
EASY

DRYBRUSHING

Drybrushing is a powerful technique to remove toxins that are coming through the skin. It also stimulates lymphatic drainage!

This simple self-care technique is free and can be performed at home once you have a brush!

What you will need: A circular drybrush - you can find these online easily

Here are the instructions: To dry brush, you use a natural-bristle brush to gently but firmly brush your skin in long strokes toward your heart, usually going over each area two or three times. At your belly, you brush in a clockwise motion.

Dry brushing is typically done before showering, and should be followed with a vitamin-rich toxic free moisturizer.

MEDICINAL BATH

Bathing is an ancient practice of self-care. From Thailand to India to Russia to across the expanse of time, culture, history and the entire globe, the art of the bath has been practiced for health benefits. Not only does a good warm bath aid in relaxation and stress reduction, it can also have profound medicinal benefits.

Remember that our skin is our largest organ and the largest one we absorb things and expel things through. Drawing yourself a bath with specific herbs, minerals and medicinal natural elements can bring about healing for many ailments and/or facilitate the healing process.

Stress being the leading cause of ALL illness, it is the thing that breaks down our immune system the fastest and creates gaps in our wellness or balance. Stress decreases the ability to properly digest and absorb nutrients which can lead to deficiencies and also to weight gain, fight off infection and disease and regulate our systems (mental, emotional, physical and spiritual).

A relaxing bath has the capacity to boost your immune function significantly when practiced regularly. I say ‘practiced’ because for me the art of the bath, especially medicinal baths are a central part of my self-care and wellness practices. Ok, what exactly is a medicinal bath? Medicinal means ‘tending or used to cure disease or relieve pain’ and I am also using it in reference as substances or plants having healing properties.

MEDICINAL BATH

Being that our skin is our largest organ for absorbing and expelling we can draw in many medicinal properties through the medicinal bathing experience... and yes, it is an experience! Just like homeopathic, natural medicine and other holistic or alternative treatments, the medicinal bath has many, many different recipes to support different needs your body and mind may have.

With my medicinal bath recipes, I draw from my many years a Doctor of Natural Medicine and studies of ancient healing rituals. I use herbs, minerals, vitamins, raw plants and flowers, crystals and stones as well as essential oils. The three favorite more simple and basic medical bath recipes that I have created and used over time are; The Renewal Bath, The Detox Bath and The Stress Reduction Bath.

Bath recipes -

The Renewal Bath: $\frac{1}{4}$ cup Arnica oil, 5-10 drops Eucalyptus oil, Frankincense oil, 10-15 drops Myrrh oil, 1 cup Colloidal oatmeal, Fresh rose petals (red or pink are preferred or you may use rose water), 1 Hematite stone, 1 capsule of vitamin B complex, 4 small Amethyst stones, 3-5 drops of cinnamon oil, 3-5 drops of Grapefruit oil, 1 cup Epsom salts.

The Detox Bath: 1.2 cup Bentonite clay, $\frac{1}{2}$ cup Red Moroccan clay, 2 small Shungite stones (known to reduce EMF's and other toxins), 4 table spoons of Manuka honey, 4 small Amethyst stones, 5-10 drops of Bergamot oil, Ginger (you can juice some ginger root, use ginger tea bags or ginger essential oil – use only a small amount), 1 cup Epsom salts.

The Stress Reduction Bath: Magnesium (add about $\frac{1}{4}$ cup of liquid magnesium), Lavender oil (10-15 drops), 1 capsule of L-Lysine (to boost the immune system), 4 small Rose Quartz crystals (or one larger one), 2 small Fluorite stone, 2 small jade stones, 4 small Amethyst stones, Chamomile (you may use either the fresh flowers or 4 chamomile tea bags), 5-10 drops of Bergamot oil, 1 cup Epsom salts.

