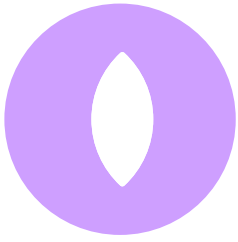




HEALING VIBES
RETREAT

• • • POST CARE • • •
DETOXING





Using a SEA SALT DETOX BATH or FOOT SOAK is extremely important to pull all toxins from your body immediately after your EES session. This can help minimize detox side effects such as brain fog and headaches. We will be offering sea salt soaks for purchase at our location, or you can follow the recipe below to make it at home! This is a crucial step in achieving maximum benefits!



Hydrate with more water and follow up your session with healthy meals. Your body needs whole foods to perform at its best, especially during and after detoxification.



Give your body time to Rest, Recharge, and recover. A full 8 hours or more is recommended to give your body time to heal and Rejuvenate.



DETOX SEA SALT SOAK:

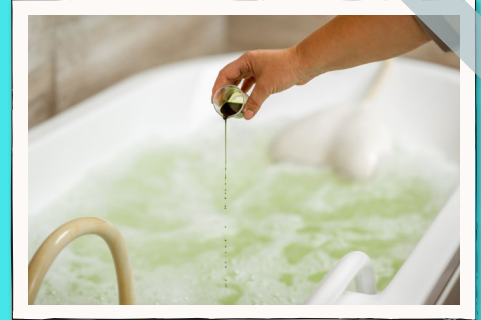
The most important aspect of your HVR Session (EES) is your aftercare and complete detoxification. This bath soak mixture is available for purchase at our location or you can make it at home!

Healing Vibes Retreat Detox Bath:

- 2 cup pure sea salt (NOT Epsom salt)
- 2 cups baking soda
- 1 cup borax
- Optional that you can add at home to the above recipe:
- ½ cup bentonite clay
- 2 teaspoon ginger powder
- 2 teaspoon matcha green tea powder

Optional that you can add at home to the above recipe:

- ½ cup bentonite clay
- 2 teaspoon ginger powder
- 2 teaspoon matcha green tea powder
- 2 cup hydrogen peroxide
- Essential oil of your choice
- For a sea salt foot soak, please use half of the bath soak package.



Available to
purchase for
\$20/2 Detox
Treatments

SOAK PROTOCOL

Fill a tub or foot soak with hot water and add the detox sea salt mixture. Soak up to your neck for 20 to 30 minutes. It is also recommended to gently scrub your body with a washcloth to further detox and exfoliate. After the bath, rinse in the shower, it's a good idea to apply magnesium lotion or magnesium oil mixed with coconut oil to nourish your skin and enhance relaxation but not necessary.

