

d'tox Spa

1 EXERCISE OR MASSAGE 2 TAKE D'TOX SPA 3 COLONIC OR ENEMA

WHY TAKE A *d'tox* SPA BATHE?

- It is like turning your bathtub into a MINERAL SPA
- a refreshing way to revitalize the entire body
- simplest and most effective way to feel thoroughly 'CLEAN'
- using during a cleanse increases your overall benefits
- may be as effective as running 2 miles for your lymph system
- pumps your lymph as you sweat - like having a colonic for the tissue

HOW TO USE THE BATH? WE SUGGEST, FOR OPTIMUM RESULTS:

- Take bath immediately after any bodywork, massage, adjustment, scrub, or exercise (anything that gets your lymph moving).
- Open package under water, as it is a very fine dust and if inhaled will cause you to sneeze and cough. Empty entire bag into tub of warm water (warm enough to stimulate perspiration).
- Drink plenty of water before (8oz) and during the spa treatment (min. 12oz)
- Soak for 30mins and every 10mins, scrub body with a loofa, bristle brush or face cloth to eliminate toxins via the skin.
- Do not take bath on a full stomach or after just drinking wheatgrass if you are on a cleanse.
- Make sure you are not feeling too weak or sick when you are about to do this bath. It will pull from your tissue like a colonic pulls from your colon and you may experience nausea or other symptoms from the trapped toxins that may be stored in the tissue.
- Follow the spa with a warm soapy shower, scrub the skin well then take a cool shower or bath if you do not want to sweat.
- Take a nap or go to sleep.

INGREDIENTS: sea salts, sodium bicarbonate, bentonite clay, powdered ginger