

The Ultimate Bath Guide

Relax and Renew

*Using Energy Practices and the Healing Powers of the Bath
To Soak Away Stress*



by Val Silver

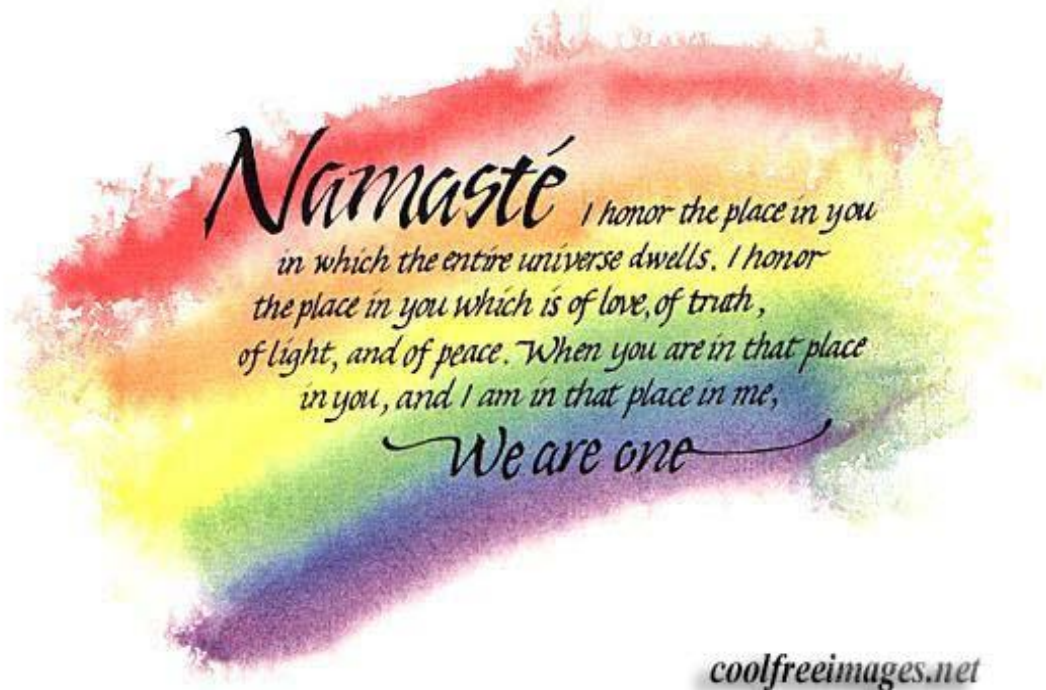
Dedication

This little book is dedicated to those of you who are stressed out, burned out and just plain tired.

It's dedicated to those of you who take care of other people and living creatures. To those of you who go the extra mile for someone else.

It's dedicated to parents, teachers, doctors, nurses, volunteers, veterinarians and caregivers of all kinds. Without you there would be a lot more suffering in the world.

Thank you for giving of yourselves to make life better for someone else.



Introduction

I've been there. I know the toll it takes on you. I know how it feels to experience such stress and exhaustion that your nerves feel like they are rubbing metal on metal.

You know you should take a break, but somebody needs you AGAIN.

Maybe you've been putting too many demands on yourself.

Or you're under the gun and have to over perform so you can keep your job.

Perhaps you've had a long stretch of not being well. You may not be well still.

The reason isn't really important at this point. What is important is that you are listening to yourself telling you it's time to break the stress cycle. It's time to rest.

That's why I wrote this book.

So you can take a little rest and rejuvenate.

If you want to be able to keep giving, you have to give to yourself and take care of yourself.

Just like a car, when the fuel light comes on. That's a warning that you better put in some gas or the car won't go. It's a lot easier to put in some fuel before you run out of gas than after.

It's the same for you. It's easier to nurture yourself before you have to get sick or "lose it" in order to get some rest and relief.

This is one of the best ways I know. It costs very little and really helps.

Enjoy your bath.

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Disclaimer

The information in this book is provided for educational purposes only and is not medical advice. Please take full responsibility for your health and well being. Although the procedures described in this book have been used by thousands of people without negative effects, we are all different and no one can guarantee how anyone will react. Your use of any processes, products or ideas presented in this e-book acknowledges that you accept and take responsibility.

Please consult your licensed health provider before embarking on any program or process that can impact your health, especially if you have health concerns and are already under the care of a LHP.

If you have any questions about the disclaimer or the information provided in this e-book, you may email your question to:

val@holistic-mindbody-healing.com

Some Questions and Answers Before We Begin

What if I don't have a tub or can't take baths?

You can still enjoy many of the suggestions provided in this guide. All the energy techniques are stand-alone methods that you can be used anywhere or anytime you like.

Magnesium oil can be applied 5-10 minutes before a shower. Massage it into your skin for best absorption with the bonus of giving your muscles some encouragement to relax.

What if I only have a small tub that doesn't let me lie down?

The only experience you won't get to fully enjoy is the immersion experience. See that section for a tip on how to modify that technique.

What if I don't like taking baths?

I would encourage you to try this bath. You owe it to yourself. See if you still feel the same way after you've experienced it.

You can still use the energy techniques and magnesium oil to help you release stress so you can relax.

What if I have health concerns?

Please consult with your licensed health care provider before making any changes in your health regimen. She or he can answer any questions you may have about water temperature, bathing, magnesium chloride or relaxation techniques. Always take responsibility for your own health.

Stressed Out, Overwhelmed, Exhausted?

Are there times that you feel totally overwhelmed and stressed out? Maybe you've been so busy and focussed on taking care of other people that your mind and body scream, "If you load one more thing on me I'm going to lose it?"

When I start getting to the point that I feel exhaustion taking over, my temper shortening and my mind saying, "No more," I know it's time to get in the tub. Actually, this is such a powerful stress relieving practice that, strange as this may sound, my mind and body start demanding "the bath".

The idea behind this practice is to bring rest and relaxation to your entire being. It combines simple, effective healing techniques with the therapeutic benefits of the bath to help you relax and restore balance in your physical, emotional, mental and spiritual levels

The emphasis of this process is on being, not doing. Let go of all thoughts of what to do and how to do it. Slow down.

You relax your body with very warm water and magnesium chloride. Your mind relaxes when you reduce as much sensory input from the outside world as possible and focus inward. You calm your emotions and nurture your spirit with one or more of the optional meditations. All of these practices together help renew your spirit.

The Ultimate Stress-Relieving Bath

Here's what you need:

- 20-30 minutes of undisturbed tub time.
- A tub pillow (check the dollar store) or rolled up towel for comfort.
- Silence. Music engages your mind and emotions and is wonderful for some baths, but not this one. You really want silence. If this isn't possible opt for some white noise. Turn on the bathroom fan. Or use a sound machine that imitates rain or other non-changing sound.
- A flashlight or the dimmest nightlight you can find. Don't use a candle if you can help it. The flickering light will be distracting. Pull the curtain closed if the light is too bright. You want the tub area as dark as possible while still being safe.
- Magnesium chloride (MgCl₂) as crystals or flakes. Use a ½ cup per bath. If you choose to make the oil and apply it to your skin first (see directions below) you will only need ¼ cup for the bath. Dead Sea Salts can also be used. They contain magnesium chloride in addition to other minerals so use ½ - 1 cup.

A word about Epsom Salts: MgCl₂ is much more effective than Epsom salts and is worth the extra investment. It is easier for your body to absorb and assimilate. If you have to use Epsom salts use at least a cup or two.

- You may choose to add essential oils if you find them relaxing. Rose, lavender, geranium or sweet marjoram are good choices. Make sure you use a real essential oil, not a fragrance oil. Some Dead Sea products are mixed with essential oils for the same price as unscented products.

The Bath

The preliminaries:

The following suggestions will help you get the most benefits from this experience.

Optional first step: spray on or rub magnesium oil into your skin at least five minutes before getting in the tub. You can easily make "oil" by mixing crystals or flakes 50-50 with water. If you find that this feels irritating on your skin, rub more water over those areas. If you have very sensitive skin, you may need to skip this step.

Plan to begin your bath around two hours before bedtime if possible. This is especially helpful if you've been having trouble sleeping because you will be warming your core. As your body cools, melatonin levels rise, signaling the body that it's time to sleep. If sleep is on your agenda, keep the lights and noise low for the rest of the evening and be sure to let yourself cool off after the bath.

Fill the tub with as much water as it can accommodate with you in it. Use very warm water. You want the water to be hot enough to warm you to the bones but not so hot that you are uncomfortable or get heart palpitations or a headache. If you get in and say "Ahh", that's probably the perfect temperature for you. Feel free to make adjustments while in the tub so you stay warm and comfortable.

Water temperature of around 101-103 degrees will allow your muscles to relax. Tension held in the muscles begins to release after a few minutes of soaking and blood pressure lowers as blood vessels dilate.

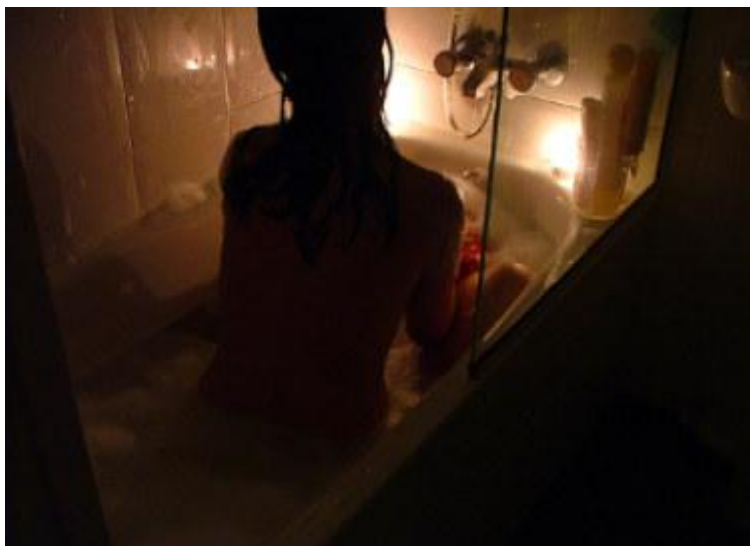
On the other hand, if the water is too hot it will draw from your body and your heart will race. You will have to get out within 15 minutes instead of being able to soak longer. This is not the goal of your rejuvenating, nurturing bath. You are already drained. Shelve the urge to “do a little detoxifying” for another time and allow yourself to feel nurtured.

As the tub is filling, add the magnesium crystals/flakes to the water and let it dissolve thoroughly.

If you are adding essential oils, wait until just before you are ready to get in as the volatile oils dissipate rapidly.

Place your pillow where you rest your head. If it has suction cups, you may want to wait until you’re all the way in the tub before putting it firmly in place so you can get comfortable.

When you are ready to get in the water, turn down the lights.



[Photo by dhammza](#)

Lets begin:

Get in the tub and rest for a few minutes. Now is the time to just let your body enjoy the feelings of the warmth and buoyancy. Let your mind enjoy the quiet time. Close your eyes and relax. Put warm water on your face and exposed parts. Adjust the temperature if necessary.

Now bring your attention on your breath. Notice the feeling and sound of your breath going in and out. Be with the feeling of the warm water and your body in the water. If your mind wanders, gently bring it back. Your goal here is simply to be in the present moment for a few minutes. Feel yourself slowing down, relaxing, letting go.

Note: If you only follow the above steps you will find yourself becoming deeply relaxed as you enjoy the benefits of your bath.

The steps below are optional and can be done in any order. They greatly add to the experience while deepening relaxation and breaking the stress cycle. Choose one or more of those steps, depending on what feels right for you. Trust your intuition and feel free to experiment.

- 1)** Do the water immersion experience described below. I consider this to be the practice that sets the ultimate bath apart from the typical bath. It's my favorite part of the bath. It works by bringing your awareness fully into your body.

- 2)** Relax for a few minutes. Enjoy the warmth and quiet.

- 3)** Repeat the above steps once again if you wish. Otherwise, go on to the breathe in peace meditation or the clear the day meditation.

- 4)** Breathe in peace meditation. Consider adding this step if you are still feeling edgy. You can also do this earlier in the bath if you like. Remember, it's all about what feels good for you.

- 5)** Now just follow your intuition and do what feels natural. You may feel like doing nothing, or you may want to lift your arms high above your head and continue saying "rest" or "peace" or whatever word feels right. Put your hands on your heart and enjoy the warmth or feeling of energy there. Let yourself feel loved. It's also very restful to cup your warm hands over your closed eyes and rest this way for a few minutes. Do all or just one of the above.

- 6)** Rest a few more minutes. Do not stay in the tub more than 20-30 minutes.

After the Bath

It's a good idea to rinse off after this bath if you used the magnesium chloride or your skin may feel sticky. Keep the same slow focus you used for the bath. You want to hold this feeling as long as possible. Please be safe and use enough light if you are going to be moving around or showering.

Do your after bath toweling and dressing quietly with lights low. Notice how you feel. Take a moment to enjoy feeling more at peace. Anchor in this feeling by lightly tapping all over your body (back too!) with your fingertips. Offer thanks and gratitude.

If you enjoy using lotions or sprays, this is a great time to do that. Try rose water or a product containing essential oils of lavender or another scent that you find relaxing. Cup your scented hands over your nose and mouth. Breathe in deeply. Fragranced products will not have a relaxing effect and you may notice they annoy you now that you are relaxed. Save them for another time, please.

Important! After the bath you will need to drink a tall glass of water. Add lemon or lime juice if you like for flavor and a more alkalizing effect. This will help re-hydrate you. Baths and stress can be dehydrating. Be sure to drink plenty of fluids to keep your body at ease.

Immersion Experience

I discovered this technique while enjoying a bath one evening. It's since become my absolute favorite bath practice. If I had to venture a guess I would say this is as close as we can get as grownups to experiencing what it feels and sounds like to be nestled in the womb. You will hear the sounds of breathing and circulation, feel the warmth of the water while being enclosed in the tub.

- Slide down into the water so that your head is in the water with only your face exposed. It is most important that your ears are underwater. If you cross your legs you can keep most of your body under water. Close your eyes. Hands can rest on your hips, by your side or palms down under your buttocks.
- If you don't want to get your hair wet, or if that doesn't feel comfortable, slide down as far as you can. Then close your ears fully with your fingers. This experience is almost as good as being further in the water.
- Now wait a moment. This is when the magic happens. You will begin to hear and feel your internal sounds and processes. Your heart beat, breathing in and out and circulation sounds will fill your awareness. Effortlessly, listen to these sounds and feel your inner body. If your attention drifts, bring it gently back to your breath.
- Also, feel your outer body. Feel it touching the tub, the pillow. Bring all your awareness into your body. You may notice that your hands start to vibrate or feel like they are tingling. Enjoy the feeling of this energy. If you don't feel anything in your hands that's fine too.

- After a few minutes, or when you are ready, open your eyes. Slide back up or unplug your ears. It is almost a bit “shocking” to come out of the water and open your ears to the outside world again, but worth the “price” for the experience. This is when you’ll realize how magical this practice is.
- Relax for a few minutes before repeating or moving on to another technique.



[Photo by a shadow of my future self](#)

Breathe in Peace Meditation

This is a nice meditation to use any time you feel stressed or overwhelmed. As with many of these practices, the idea is to “bring you into the present moment”. This interrupts the stress cycle and lets you gain new perspective and balance. Sometimes only a moment is needed to shift your energy and help you feel better.

- Put one hand across your forehead and the other on the back of your head just above your neck. Keep resting on the pillow or “underwater” as in the immersion experience.
- Set the intention that you when you inhale, you will breathe in peace, calm, or rest through your nose. Mentally think your word as you inhale. If you have trouble breathing in through your nose, don’t force it, just breathe in as you normally do.
- Set the intention to breathe out the stress, burdens and happenings of the day through your mouth. If your exhale wants to be more forceful, let it. You may want to make a circle with your mouth so you puff your cheeks and hear the exhale more. Breathe slowly and calmly.
- It’s best not to think of events or try to direct your thoughts. If they come just let them flow through with no attachment. Do this for a minute or two until you feel done.

About Magnesium Chloride (MgCl₂)

Magnesium is an essential nutrient that most Americans are woefully deficient in. We fail to get enough in our diets and when stressed we use it up rapidly. Calcium, which we tend to get plenty of, helps muscles contract. Magnesium helps muscles relax.

Magnesium chloride from evaporated seawater is readily absorbable through the skin. It is available as an oil or gel that can be applied directly to the skin or used in a bath. Use crystals or flakes in a full bath or hand/foot bath. You can make your own oil by mixing crystals or flakes 50/50 with water. If that is too irritating, dilute it a bit more.

Using magnesium in this way avoids problems associated with oral supplements including poor assimilation and a laxative effect.

Here are some benefits of magnesium:

- Helps you avoid diabetes, cancer, heart disease, neurological disorders, kidney stones and stroke.
- Increases energy levels.
- Helps you sleep if you have insomnia.
- Necessary for the normal function of over 300 enzyme systems.
- Aids muscle relaxation, cell function, immune function, cardiac function, clotting, nerve conduction.
- Stabilizes cell membranes and the blood brain barrier.
- Helps maintain proper electrical balance
- Helps prevent oxidative damage to cells.
- Stimulates white blood cells to help protect you from viral and bacterial infections.

Magnesium Chloride is available on-line and in some stores. You can substitute with Dead Sea Salts, just use a larger amount because the percentage of MgCl₂ is less.

Resources

The bath is a great way to break the stress cycle. However, it's not always convenient to jump in the tub! It's important to get to the core of your issues so they become less troublesome. These sites offer resources to help you do this and much more.

Holistic Mindbody Healing - Val provides leading edge holistic healing information and techniques on her website. She offers free membership in her Subscriber Members Area where you'll find videos and audios for healing and stress relief techniques.

[Val's Holistic Mindbody Healing Website](#)

The Tapas Acupressure Technique® (TAT®), is a gentle and effective energy healing technique that helps you to end stress, release trauma, heal emotional aspects of disease and help release emotional baggage.

Click on the link below to download a free "Steps of TAT" guide.

[TAT Website](#)

Carol Tuttle's Website- Carol is a Master Energy Therapist who has many resources if you are interested in using energy healing techniques.

[Carol Tuttle's Website](#)

ZPoint for Personal Peace is a process that helps you transform your life by releasing difficult and painful feelings associated with traumatic memories and difficult situations. The guided sessions are very relaxing.

[ZPoint for Personal Peace Website](#)

About Val Silver



Val believes that the path to wellness involves healing the whole self – physically, mentally, emotionally and spiritually. She has experienced first-hand the havoc that chronic stress can cause to health and well-being on these levels. This led her to a discovery of holistic techniques that provide relief in times of stress and help restore balance.

Val is passionate about helping people become empowered masters of their own well-being through self-responsibility, education and coaching.

Visit Val's website and the Members Area to access her articles, videos and audios about healthy living, energy healing and wellness.

<http://www.holistic-mindbody-healing.com>

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