

How to Combat Holiday Stress: DIY Recipe for a Bath Soak

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The holiday season can be stressful for many people. It may come from the mental stressors surrounding challenging family members, financial strain, guilt from eating foods you know are not good for you or drinking alcohol. When we are under stress a hormone called cortisol is released to protect our cells from damage and give us energy. Unfortunately, excess cortisol can lead to insomnia and a lowered immune system leading to more likelihood of getting sick. So, what can you do to help yourself? Well, if you are a fan of pampering yourself and don't mind making your own homemade "medicine" then here is a healthy bath salt recipe you will love!

Do It Yourself Holiday Detox Bath Soak

It is said that over 50% of us are deficient in Magnesium, which can lead to cardiovascular disease and early mortality (DiNicolantonio, 2018). Magnesium is an important mineral that relaxes our muscles on all levels and calms our minds. Using Epsom salt, which is magnesium sulfate, is a great way of getting magnesium into our bodies through the skin. It is also exfoliating so can help slough off dead tissue on our skin. Adding baking soda and sea salt enhances this effect and encourages toxins to be released from our bodies, especially from our muscle tissue..think sore muscles after a work out or heavy lifting. Adding essential oils that contain their own therapeutic benefits is recommended. Try the following recipe for a holiday scent that will uplift your mood, stimulate circulation and open your lungs.

½ cup Epsom salt

½ cup baking soda

½ cup of sea salt (not table salt)

10 drops peppermint essential oil

1 1/2 tsp cinnamon powder

Mix the first 3 ingredients together in a bowl, add cinnamon, stir and then the essential oil and mix well again. Start your bathwater and pour the mixture in as the water is filling the tub. Once in the tub you may spread the mixture around in the water. Make sure the essential oil is mixed well in the bath salt as it must be diluted in the salt so it doesn't irritate your skin by touching it directly.

Subclinical magnesium deficiency: a principal driver of cardiovascular disease and a public health crisis

[James J DiNicolantonio](#),¹ [James H O'Keefe](#),¹ and [William Wilson](#)²

[Open Heart](#). 2018; 5(1): e000668.