

# BENEFITS OF BATHING

The therapeutic benefits of bathing make it an excellent addition to a detoxification regime. Adding specially chosen ingredients to the bath can then further enhance this. These include essential oils, herbs, clays as well as certain vitamins and minerals. The therapeutic benefits of bathing are many and varied.

## GENERAL HEALTH

- Enhances circulation.
- Brings nutrition and oxygenation to vital organs and tissues.
- Helps to dissolve and eliminate toxins.
- Increases metabolism, stimulating liver and intestinal secretions and aiding digestion.
- Assists relief from colds and flu symptoms, with the increase in temperature helping to destroy germs& viruses.
- Relieves pressure from the joints and muscles, easing the pain of joint conditions.
- Eases pressure in fluid metabolism disorders.
- Helps sprains, strains and aching or injured muscles to recover faster.
- Increases the rate of healing in most conditions.

## RADIANT SKIN

- Improves skin health by encouraging exfoliation and improving rehydration.
- Removes toxins from the skin, enhancing beauty and skin appearance.
- Promotes cellular regeneration.

## RELAXATION

- Relaxes the nerves, helping to relieve stress and tension.
- Relaxes the muscles, helping to relieve muscle cramps, aches and pains.
- Encourages mental relaxation, meditative states and spiritual healing.

With the Embody bath range, you can create the therapeutic benefits of a thermal spring in the comfort, privacy and convenience of your own home. Seven specialized formulae have been uniquely created to provide a complete range of remedies. Each blend is concentrated with nutrients, herbs and essential oils to enhance the healing of those ailments that are best alleviated through bathing.