**Baking Soda Bath**

Baking soda baths are an inexpensive, safe, and often times are typically used for skin concerns.

Always drink plenty of water before taking a baking soda bath. Consider creating a relaxing atmosphere using candles, soft lights, and soothing music to help you relax while you bathe. You may wish to dry brush your skin beforehand.

**For the bath:**

Add between 5 tablespoons to 2 cups of baking soda to the bath. The amount depends on the condition you wish to treat.

Swish it around to make sure it dissolves well.

Soak in the bathtub for 10 to 40 minutes.

It’s recommended that you rinse with fresh water after your bath. This helps to get rid of toxins and residue. You can use a washcloth or loofah to exfoliate and remove dead skin cells.

The water should be comfortably warm, but not too hot. This helps to prevent burning, fainting, and feeling lightheaded. Hot water can also remove moisture from your skin. Using lukewarm water will help your skin to absorb moisture. If you feel too hot at any point you can add more cool water until it’s an ideal temperature.

After your bath: towel dry, moisturize, drink water

Move slowly and sit down if you feel weak, drained, or lightheaded afterward.

**Benefits of baking soda bath**

Baking soda has cleansing and detoxifying properties that may help to purify your body and boost immunity. It can be combined with Epsom salt, sea salt, and ground ginger to make a detox bath. You can also add essential oils and other natural ingredients of your choice.

Baking soda can soothe inflamed skin and reduce irritation and itching.

baking soda bath can support your natural detoxification system while helping your body relax. The alkalizing effect of baking soda can help you battle toxins ...

**Soothing sore muscles:** Tired muscles release lactic acid into your blood by making it more acidic. Baking soda is a natural antacid.

**Yeast infections:** itching, burning, swelling. May also have a positive effect on vaginal pH.

**Athletes foot:** Ability to destroy bacteria and some fungus, baking soda can be a great addition to your baths to relieve fungal infections like athlete's foot. Simply make take a foot bath

**Diaper rash:** Soak the affected area in a baking soda bath with 2 tablespoons of baking soda three times per day for 10 minutes. Soothes the raw skin and promotes faster healing. Attention!!! Do not use excessive amounts of baking soda on a large area of Diaper rash: It could result in metabolic alkalosis which will result in hypokalemic.

**Eczema:** Add 1/4 cup of baking soda to your bath to relieve itching. Moisturize skin immediately after the bath while skin is still damp. Gently pat skin with a towel.

**Poison ivy and poison oak:** Limits further contamination of yourself and others from rash and should be done as soon as possible, preventing the oils from soaking into your skin and causing a rash. Helps with itching and irritation. Dissolve 1/2 a cup of baking soda in a tub of warm water. Soak for up to 30 minutes.

**Psoriasis:** Baking soda baths were shown to have a beneficial effect on psoriasis including promoting less itchiness and irritation. You can also take an oatmeal bath for psoriasis.

**Detox bath:** Purifies the body and boosts immunity and can be combined with Epsom salt, sea salt, and ground ginger to make a detox bath. Adding essential oils are also a good idea.

**Chickenpox:** Use 3 times a day to relieve itching caused by chickenpox. Soak for 15-20 minutes. 1 cup of baking soda for every inch deep of lukewarm water.

**Urinary tract infections** (UTIs): Helps to neutralize the acid in your urine, remove germs, and aid in healing. It may also relieve painful urination. 1/4 cup of baking soda to the bath. Soak for up to 30 minutes twice a day, or 10 to 15 minutes in young children.

**Vulvar vestibulitis** (a syndrome that causes discomfort at the opening of the vagina) 4 to 5 tablespoons of baking soda to a lukewarm sitz bath. Soak up to three times a day for 15 minutes.

**Constipation:** Relieves rectal pain caused by constipation. It can also help to relax anal sphincter and add in a bowel movement. 2 ounces of baking soda to your bath. Soak for 20 minutes.

**Reduce body odor:** Has natural odor-fighting properties, baking soda is often used to keep laundry smelling fresh and minimize any strange smells in the refrigerator. Added to baths to smell fresh.

**Safety**

Generally, baking soda baths are well-tolerated by most people.

**Dissolved baking soda can be absorbed through skin. For this reason, baking soda baths are not recommended for some people. Avoid baking soda baths if you:**

• have high blood pressure (when taking internally Sodium bicarbonate might lower potassium blood levels.)

• have serious infections or big open wounds

• have diabetes

• have an allergy to baking soda

• are currently using alcohol or medications such as benzodiazepines, which depress the nervous system

Some people may have a skin reaction to baking soda