



Crystal Star™
whole herbs for the whole person™



Hot Seaweed Bath™

Cleanse, beautify and detoxify in a luxurious, relaxing bath.

Seaweed baths are Nature's perfect body/psyche balancer

Remember how good you feel after an ocean walk? Seaweeds purify and balance the ocean—they can do the same for your body. A hot seaweed bath is like a wet-steam sauna, only better, because the seaweeds balance body chemistry instead of dehydrating it. The electromagnetic action of the seaweed releases excess body fluids from congested cells, and dissolves fatty wastes through the skin, replacing them with minerals, especially potassium and iodine. Iodine boosts thyroid activity, so food fuels are used before they can turn into fatty deposits. Vitamin K in seaweeds boosts adrenal activity, meaning that a seaweed bath can help maintain hormone balance for a more youthful body.

Taking a Hot Seaweed Bath™ once a week stimulates lymphatic drainage and fat burning so you can keep off excess weight, reduce cellulite and rid your body of toxins.*

There are two very effective ways to take a Hot Seaweed Bath™

1. Draw very hot water in a tub to 1/2 full. Put the seaweed into the tub and steep until it softens and the water is cool enough to enter.
2. Make a strong infusion in a large pot on the stove, simmering the seaweed for 10 – 15 minutes before straining and adding to hot bathwater.

Soak in the deep bath, covering the body as much as possible for 45 minutes to 1 hour. Let hot water constantly trickle into the tub to maintain the high temperature. Soak as long as possible to give the body time to absorb the mineral properties. (Rub the body with the seaweed solids during the bath for best results.) If you become overheated or uncomfortable, sit on the edge of the tub for 1 – 2 minutes. If a soft gel coating occurs during the Hot Seaweed Bath, this indicates that the seaweed's gel mantle is interacting with the skin. This is perfectly normal, and does not harm the therapeutic value of the bath. Gel consistency may vary.

Product ID#	Size
107220	net weight 2 oz. (56.6g)

[click here to order Hot Seaweed Bath™ now](#)

about the herbs

Kelp (*Laminaria*): a mineral rich, brown marine plant containing vitamins A, B, E, D and K; a significant source of vitamin C; works as a blood purifier, relieves stiffness, and promotes adrenal, pituitary and thyroid health; kelp contains sodium alginate (algin), an element that helps remove toxins and heavy metals from the body; algin, carrageenan and ager are kelp gels that rejuvenate gastrointestinal health and aid digestion; kelp's natural iodine can normalize thyroid-related disorders like overweight and lymph system congestion.

Kombu (*Laminaria digitata, setchelli*, horsetail kelp): decongestant for excess mucous; has abundant iodine, carotenes, B, C, D and E vitamins, minerals like calcium, magnesium, potassium, silica, iron and zinc; also contains the powerful skin healing nutrient germanium.

Bladderwrack (*Fucus vesiculosus*): is packed with vitamin K - an excellent adrenal stimulant; still used today by native Americans in steam baths for arthritis, gout and illness recovery.

Dulse (*Palmaria palmata*): a red sea plant rich in iron, protein, and vitamin A; tests on dulse show activity against the herpes virus; purifying and tonic effects on the body, a supremely balanced nutrient.

Sea Palm (*Postelsia palmaeformis*): American arame grows only on the Pacific Coast of North America; good source of detoxifying algin.

Watercress (*Nasturtium officinalis*): a good source of vitamins A, C, E, B1, B2, and minerals like iodine, calcium, magnesium and iron; aids detoxification.

ingredients: Kelp, Kombu, Bladderwrack, Dulse, Sea Palm, Watercress.

* This document is not intended as a substitute for the medical recommendations of physicians or other healthcare providers. Rather, it is intended for educational and informational purposes only. Please see a qualified healthcare professional if you have questions regarding your health. The statements in this document have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.