

# Nutritional Bath

*A potent therapeutic bath best given weekly for 7 weeks,  
on the same day each week where possible.*

*Use to aid rehabilitation from illness or rejuvenate after mental fatigue.*

## Instructions

**Start to run a full bath** *slightly* above body temperature (approximately 38°C) and keep the room warm.

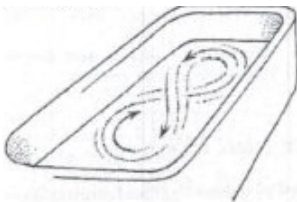
**Prepare the bedroom** by making it warm and free of draughts. Cover the lower sheet on the bed with a towel, and make it warm with hot water bottles if required.

**Whisk** the egg yolk, milk and honey in a bowl.

**Halve, juice and zest** the lemon under the water. Discard remains.

**Add** the egg mix to the water.

When the bath is full, gently **make figure-eights in the water**. Starting in the middle, weave together the opposite poles in an organised way without splashing. The hand should draw the water along with it to create harmony while also enlivening the water. Remaining focused on the treatment helps impress the water with healing qualities.



**Let the water become still** before entering the bath. **Submerge to the neck** (keeping the head dry). **Relax for 5 - 15** minutes as long as the water is warm. If perspiration occurs stop the bath immediately. The bath is complete after this short time. Step out of the bath before letting out the water.

Without drying the body, **use a pre-warmed sheet or bathrobe to firmly wrap** from shoulders to feet then put on socks.

**Staying wrapped up, enter the bed to rest.** Lie upon the towel and use the bed covers to wrap or cocoon the body, making sure the shoulders are covered. Reduce stimulation by wrapping a towel over the crown of the head and ears. During the rest (ideally 1 hour) a feeling of warmth and relaxation will occur fairly quickly. Hot water bottles may not be needed. For a child it may be helpful to read a quiet story.

## Caution!

Nutritional baths are not to be used or given to someone who is pregnant, fevering, being medicated or using drugs.

Prevent perspiration by loosening the bedclothes as required.

**When the rest is complete dress warmly** and maintain the treatment for as long as possible before bathing or swimming.

## Ingredients

**(Preferably Bio-dynamic or organic)**

- 1 cup unpasteurised unhomogenised *bath* milk
- 1 egg yolk
- 1 tablespoon honey
- 1 lemon

**(Omit lemon for sensitive skin)**



Instructions prepared by therapists for *Developing the Self*  
*Developing the World*

[www.developingtheself.org](http://www.developingtheself.org)

## Essential

The therapeutic effect occurs while resting after the bath. If the bath is too hot or the rest is not provided, the therapeutic effect is minimised.