



YOUR EVENING RITUAL

The Foot Bath Detox Guide



Welcome to **your ritual**

You didn't grab this bundle to let it sit in a cabinet. You grabbed it because you do things intentionally — clean water, high-purity ingredients, a routine that's actually yours.

This guide takes you from box to bath in about five minutes, with exact steps, timing, and the little details that make it feel like a spa at home. No fluff.



Before you start — gather these:

- ☐ Basin (BPA-free plastic or ceramic)
- ☐ Warm water (98–104°F)
- ☐ Clean towel
- ☐ Small dry glass
- ☐ Part A + Part B drops
- ☐ DMSO
- ☐ Castor oil
- ☐ 20 quiet minutes

What's inside: the step-by-step ritual, exact water prep with your DMSO and castor oil, the castor warm-pack, and a clear hygiene & safety page so every soak is clean.

The **Ritual**, step by step

1

Set the space

Dim the lights, light a candle, let the room go quiet.

2

Press play

Put on a calming soundscape or a 528 Hz frequency track.

3

Purify your water

5 drops of Part A + 5 drops of Part B, activated 30 seconds, into your warm foot bath. Full walkthrough on the next page.

4

Add DMSO & castor, then soak

First, feet go in clean: washed, dried, no lotions or perfumes — DMSO carries whatever is on the skin along with it, so clean skin is the whole point. Then 10 drops of DMSO plus 10 drops of castor oil into the purified water. Soak 15–20 minutes, step onto a clean towel, air-dry.

5

Unwind (optional)

If it's your thing, light a mullein stick and let the day melt away — a nice close, never a required step.

Start with **two evenings a week** — enough to feel like yours, easy to keep. A foot bath is the easiest way to begin: less water, less product, the same intentional ritual as a full bath.

Prep your water



1

Measure

5 drops of Part A + 5 drops of Part B in a small dry glass.

2

Activate

Swirl and wait 30 seconds. The two parts are combining into the active purifying solution — when it turns a soft amber, it's ready for your bath.

3

Add to your bath

Pour into your warm foot bath — 2–3 gallons at 98–104°F, enough to cover your feet — and stir.

Start with the best water you have — filtered if possible, warm, in a clean **BPA-free plastic or ceramic basin** (avoid metal). Skip soaps and additives during the soak.

The Castor Oil ritual

Castor oil is the slow, grounding half of the pairing — thick, warm, and made for unhurried evenings. Two ways to bring it into your ritual:



1

The warm pack

Work castor oil into a clean cotton cloth, lay it over your belly or a joint, then cover it with a towel dipped in your warm soak — the heat carries it. Rest 20–30 minutes while your feet soak.

2

The massage blend

After your soak, on clean dry skin, work your DMSO + castor blend into ankles, knees, and anywhere that worked hard today. Slow circles, no rush.

3

Seal it in

Old comfortable clothes — castor is rich and it will find fabric. Let it absorb while you unwind.

Why the order matters: purified water first, then clean dry skin, then the oils. Clean water → clean skin → pure ingredients. That sequence is the whole philosophy of this ritual — and it's the part almost nobody teaches.

Keep it external. Use a dedicated cloth for packs, wash it between uses, and store your castor oil capped in its amber bottle away from sunlight.

Hygiene & safety

Before: wash your feet and the basin so you're soaking in clean water. Purify the water first — the cleaner the water, the better the soak.

After: rinse and dry your feet, empty and rinse the basin, and store your bottles capped, upright, out of direct sun. Amber glass keeps everything stable.

Keep it pure: no alcohol, no fillers, no blends — just the good stuff. USP / USDA certified, made in the USA.

Spark it up



And if you want to end the night the slow way: light a mullein stick, let the smoke curl, and give the day permission to be over. Entirely optional — the ritual is complete either way.

You've got the ritual. Now make it yours.



For external use only. These products are not intended to diagnose, treat, cure, or prevent any disease.

Why we're **this** careful

Everything in this ritual comes back to three simple things: **clean water, clean skin, and pure ingredients**. Not because of any complicated science — because when those three are right, the soak feels the way it should, every single time.

Clean water first. It's the very first step for a reason. The purer your water, the cleaner your soak — so you purify it before anything else goes in. Filtered if you have it, warm, in a clean BPA-free basin. Everything else is built on top of that water.

Then clean skin. Feet go in washed and dried, with no lotions or perfumes. It's a small step that makes the whole ritual feel intentional — and it's why we keep coming back to clean skin before the oils go on.

And pure ingredients. No alcohol, no fillers, no blends — just Part A and Part B, DMSO, and castor oil, high-purity and made in the USA. When the inputs are pure, you can trust every soak without a second thought.

Clean water → clean skin → pure ingredients. That simple sequence is the whole philosophy here. We don't over-promise or dress it up — we give you the purest ingredients and a careful routine, and let the ritual speak for itself.

A thank-you for reading this far, to sweeten your next soak:

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