

PAMPER YOURSELF

Today's assignment is very easy. It's the last day of your first week on this program, and it's time to enjoy all your accomplishments thus far. You've also started a fair amount of detoxing, and it's important to shed some of the accumulated toxicity.

The skin is a favorite way for your body to detoxify. Through sauna sweats and exercise, you can accentuate this process. You can also accentuate it by taking a salt bath. So today, you will take a long, luxurious bath by candlelight. **If necessary, wear earplugs!** Don't let the worries of your home (ie: your spouse listening to the news or your kids playing loudly) detract from this "me time" of yours.

Begin by adding one cup of epsom salts and several drops of a favorite Essential Oil (see the "Resources" column for suggestions). Light a candle and put on some soft music, then let the day drift away while concentrating on all your positive qualities.

NOTE: Because the skin is the largest organ of your body and the pores open up to receive as well as give during the bathing process, it's a good idea to be mindful about the quality of your water. A great item to buy is a bath-ball that takes the chlorine and other toxic chemicals out of your bathwater. See the Resources column for where to find it.

After the bath, rinse off a bit to remove any excess salt as it is drying to your skin if a residue is left behind. Choose a non-toxic (organic) lotion or oil to apply to further sooth your skin. My favorite is to take Aura Cacia's Apricot-Kernal Oil and apply 20 drops each of Rosemary Oil and Sweet Orange Oil. Apricot kernals are purported to have anti-cancerous qualities, and I personally have experienced a noticeable reduction of the "bumps" on the backs of my legs and arms that had plagued me all my life (Keratosi Pillaris/Hyperkeratosis) since beginning to use it. Please don't apply your average skin cream – *even if it was very expensive!* It's probably loaded with the very chemicals you're trying to RID from your body. Do not use anti-bacterial soaps as they contain Triclosan which is VERY toxic to the body. Remember, the skin is the largest organ you have, and by its very nature, is porous. We want to minimize the bad things we expose it to. *Be kind to yourself!*

And finally, **congratulate yourself on a week well-lived.** Scrub away any disappointments and be confident that your positive transformation has already begun.

Daily Thoughts:

AFFIRMATION

"I rejoice in my body. My body is perfect for me in this lifetime. I embrace myself with love and compassion."

DAILY CHECKLIST

- A.M. Quiet Time
- Diet Guidelines
- Supplements
- 5 Entries Into Your Gratitude Book
- "Pamper Yourself" Salt Bath
- Affirmation
- P.M. Meditation CD

RESOURCES

Suggestions for essential oils: **Lavender, Sweet Orange, Clary-Sage or Rosemary...** these are easily found at Whole Foods or other wellness stores, or online at Amazon.com

Bath-ball chlorine-removers can be purchased online at <http://www.amazon.com/Rainshowr-Crystal-Ball-Bath-Filter/dp/B0015TIEEE> (search **Amazon.Com for the "Rainshowr Crystal Ball" if you don't want to type in the whole link above**). I believe the ball lasts for almost a full year, so it's well-worth the purchase price.

Aura Cacia has an excellent line of pre-mixed bath salt-packets like "Relaxation" or "Heart Song" that are absolutely wonderful. They are also easily found at Whole Foods or other wellness stores, or online at Amazon.com