



Handbath: Apple Cider Vinegar Ginger Detox (For Cold Body System)
手浴: 苹果醋姜排毒 (针对寒性体质) @ 5color Diet: Healthy Remedies

Benefits: Helps to improve hands related health problems like **arthritis, cramps, electromagnetic radiation (For Cold Body System), gout, rheumatism, skin problems & stiff hands**, etc.

Ingredients

Epsom salt - ½ tablespoon to 1 litre warm water.

Apple Cider Vinegar - 2/3 cups (166 ml).

Ginger slices - 5 pieces or Ginger Powder - ½ tablespoon (0.5 gm).

Warm water - 3 litres.

Basin - 1 no.



Hand bath: Apple Cider Vinegar Ginger Detox (For Cold Body System)

Preparation

- (1) Wash Ginger slices with tap water & add it together with Epsom salt in a footbath tub or pail, then pour some hot boiling water to steep for 10 minutes.
- (2) After 10 minutes, pour mixture together with Apple Cider Vinegar & warm water in the basin & soak hands for 15 minutes.
- (3) During hand bath, drink warm tea, preferably related to same health concern. ([Refer to teas' recipes](#))
- (4) After 15 minutes of hand bath, dry hands with towel & massage hands with olive, peppermint or coconut oil.

Note

- (1) To apply 1 hand bath's recipe per day at 1 to 2 times daily & after 1 week, apply once every 3 other day.