



Handbath: Apple Cider Vinegar Peppermint Detox (For Heaty Body System)
手浴：苹果醋薄荷叶排毒（针对燥热性体质）@ 5color Diet: Healthy Remedies

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

Ingredients

Epsom salt - ½ tablespoon to 1 litre warm water.

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

Peppermint leaves, fresh or dried - 5 leaves (1 gm).

Warm water - 3 litres.

Basin - 1 no.



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Preparation

- (1) Wash Peppermint leaves 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 remedy per day at 1 to 2 times daily & after 1 week, apply once every 3 other day.