What to Add to Your Bath for Improved Health

People interested in pursuing a healthier lifestyle understand that making healthy lifestyle changes is a comprehensive process. That is, living a healthy lifestyle starts by making a conscious commitment to examining every aspect of your life and figuring out how you can live a more natural and balanced existence.

If you spend some time thinking it through, you quickly come to realize that you can make any task in your life healthier, no matter how small or trivial it may seem. Think about taking a bath, for instance. Instead of just viewing it as a way to relax and clean yourself, why not add things into your bath that will make you healthier? The following article discusses a few all-natural products you can toss into your bath that will benefit your health.

**Green Tea Isn't Just for Drinking**

Although green tea has long been recognized as a healthy all-natural beverage, most people don't view it as anything other than a health-conscious thirst quencher. Interestingly, however, is that some people have found that adding a few green tea bags to their bathwater is a great way to maximize their physical and mental well-being.

The minerals contained in green tea will detoxify your skin and boost your body's supply of antioxidants. The soft scent that green tea carries will also soothe your mind and help you relax after a stressful day at the office.

**Adding Apple Cider Vinegar to Your Tub**

Apple cider vinegar is another all-natural product you can add to your bathtub that offers a wide range of health benefits. Like vinegar, honey, and coconut oil, apple cider vinegar has emerged in recent years as an organic substance that is jam-packed with nutrients.

Adding apple cider vinegar to your next bath is a great way to combat fungal growth. Apple cider vinegar will mitigate or kill pesky fungal growth and other persistent skin issues, making it an excellent bath-time addition for people suffering from eczema, athlete's foot, or dermatitis.

**Raw Honey as a Skin Moisturizer**

Pouring raw honey into your bath isn't just some newly-recognized health trend. Historians tell us that Cleopatra regularly relaxed in honey-infused bathwater as a way to maintain her gorgeous complexion. The reason raw honey worked for Cleopatra – and the same reason it will work for you – is that it fights bacteria that causes acne and other skin maladies.

Similarly, because honey is so rich in anti-oxidants, it's a great option for keeping your skin smooth, soft, and supple, making you look younger and healthier in the process.

If you are truly committed to living a healthier lifestyle, you should definitely consider adding all-natural things like raw honey, apple cider vinegar, and green tea to your next bath. All three substances offer noticeable physical and mental health benefits when combined with bathwater.