

# Cleansing Citrus Bath



- 1. Gather as many types of citrus fruit that you can find: Grapefruit, Oranges, Lemons, Limes, etc.*
- 2. Cut each piece of fruit into quarters*
- 3. Squeeze the citrus juice into a drawn bath and toss the fruit into the water*
- 4. Add as much Yarrow Hydrosol as you prefer*
- 5. Soak in the bath and rub the fruit all over your body*
- 6. Once done, allow yourself to air dry*
- 7. Let the dried citrus bath remain on your skin for as long as possible before washing it off*