

## The BeeWell Herbal Bath

This herbal bath formula contains the highest quality of six renowned Chinese herbs to wash away fatigue and stimulate your metabolism, leading to healthier skin, greater mental and physical relaxation and enhanced cell revitalization.



1. **Ginseng** (Radix ginseng): This herb helps blood circulation; contains organic germanium which stimulates interferon production and bolsters immunity; has anti-inflammatory properties; relaxes nerves; relieves colds; fights fatigue; and generally refreshes the body.
2. **Ganoderma** (Ganoderma Lucidum): Is said to suppress the growth of viruses, especially the Candida form. It also draws out heavy metals and is anti-viral, anti-yeast and anti-inflammatory.
3. **Santalum** (Santali Album Lignum): Is frequently used in aromatherapy; it soothes breathing, relaxes the nerves; improves sleep; and helps blood circulation.
4. **Rhizoma** (Rhizoma et Radix Notopterygil): Helps blood circulation; induces perspiration and tissue renewal. It aids digestion; and relieves arthritic pain and backaches.
5. **Artemisia** (Artimisiae Argyl Folium): Is very much suited for sensitive skin, relieves itching caused by skin infections and insect bites; and is antiviral, anti-inflammatory and anti-parasitic. One of its chemical constituents, artemisinin, has recently been found to have anti-cancer properties.
6. **Acorus Gramineus Soland** (Grassleaf Sweetflag): Has a moisturizing effect on the skin. It is also used for treating tooth ache, bleeding gum, liver disorder and ear and nose problems. It has calming and anesthetic effects and is cooling to the stomach.

### Benefits

This herbal bath formula induces perspiration, which promotes skin cleansing, aids subcutaneous fat metabolism and hastens tissue renewal. This is a great way to start your detox program, helping your body to perspire or indeed start to perspire to release toxins.

It also helps blood circulation, and stimulates nerve endings reducing nervous tension and helping insure natural sleep.

When made into a paste and applied to the navel area, it reduces some forms of menstrual cramps and lessens the symptoms of constipation.

## Ingredients

Herbal extract of ginseng, ganoderma, santalum, rhizoma, artemisia and acorus gramineus soland.

## Directions for use

1. Open the pouch and pour the contents into a large tub of bath water. Fill the tub as full as possible to ensure that you can submerge as much as possible of your body including your head. The herbs are very fine so avoid inhaling them as they may make you sneeze. The water temperature should not be "hot" but at a comfortable temperature. (100F – 105F) Soak for 20 - 30 minutes. It is preferable to allow your body to perspire and cool down by itself after the bath, so allow yourself some time to relax and rest.
2. For relief of skin conditions, mix the powder with some water to form a paste for local application. Rub the paste into the skin for a minute or so. Put the rest of the pouch contents into the bathtub and soak for 20 minutes.
3. For relief of menstrual cramps and constipation, put the paste on the navel area and gently massage it in. Wait approximately 10 minutes, or as long as you feel comfortable. Use the rest of pouch contents for bathing as instructed.



### The BeeWell Herbal Bath Background

The BeeWell herb formula was developed by a couple in Taiwan. Both suffered from a variety of chronic conditions such as gout, arthritis, skin problems, cold hands and feet etc. After seeking help from both Western and TCM doctors, they decided to put some herbs together for bathing. After much study of the ancient Chinese pharmacopoeia and countless trials, they developed this current formula.

To their delight, their health improved after bathing daily with this formula. They then shared their joy with friends and relatives. To their surprise, it became so popular that they could not make enough of it in their kitchen. They finally listened to the urging of friends and relatives and began mass production. Before making it available in the market place, they tested the product 10,000 times to make sure there were no adverse reactions.

I am an avid fan of skin detoxification. I am always looking for ways to detoxify the body through the largest organ – the skin. For those who have not been able to break a sweat for a long time (most people with chronic, degenerative conditions are not able to sweat), this herbal formula is for you. It is simple and easy to use. For maximum benefit I recommend that you use the Herbal baths regularly, three to four times a week for the first couple of weeks and then use them as needed but again I stress, regular, continued use will provide the best results.

### Dr. Li-Chuan Chen, Ph,D

Editor of Integrative Health & Self Healing

### Contraindications

Pregnant women, babies, patients with hypertension or cardiovascular diseases, seriously ill patients and older people should not try this herbal bath without the direction of a physician and supervision. For External Use Only.

**BeeWell Herbal Baths 10 Individual Baths Sachets for \$35.00 + S&H**



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