



The Book of Sacred Baths: 52 Bathing Rituals to Revitalize Your Spirit

Paulette Kouffman Sherman

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Cultures around the world have long used bathing and bathhouses to connect with Spirit and to promote personal wellness and cultural milestones. *The Book of Sacred Baths* shows how to use this wonderfully relaxing practice to create transformation in your love life, career, health, and spirit. Discover everything you need to know about the history of sacred baths, the healing medium of water, meditations and prayers, creating intention, essential oils and crystals, visualization, Law of Attraction, and much more.

Discover 52 recipes for sacred baths, one for each week of the year. Each bath recipe is tailored to a specific emotional or spiritual need, and helps you align your thoughts, feelings, and emotions to attract your highest good. Use essential oils, crystals, candles, and color therapy along with visualization and ritual practice to raise your vibration and release negative energy down the drain.

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