



OM Infusion
Mastery in Essence

1030 E. El Camino Real Road #217
Sunnyvale, CA 94086

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www.ominfusion.com

Aura Cleanse (Aura Bath)

This is a simple recipe to make for a powerful cleanse! It produces enough liquid for two baths. The ingredients are all made from fresh herbs and produce found at your local Farmer's market, Natural Health Food Store or garden. People have reported feeling the toxins drain right out of their body after their bath! Note: The liquid is for bathing purposes only... do not drink it or use as a spray. Enjoy.

Ingredients

5 Quarts of Spring Water or Reverse Osmosis Filtered Water

2 Bunches of Radishes, (approximately 15-20 radishes with leaves in total)

1 Large Fennel bulb (appr. 3 inches in diameter) or 2 medium Fennel, cut length-wise to maintain the height

1/2 - 3/4 package of fresh Thyme (oftentimes herbs are sold in small plastic containers in the produce department)

3/4 - 1 1/4 package of fresh Rosemary

1/2 - 3/4 package of fresh Oregano

2-3 Bunches of fresh Italian parsley

2-4 Bunches of fresh Mint leaves

3 -5 Bunches of Cilantro

Sesame oil (optional)

Equipment needed

10 qt stock pot

Collander

Scissors

Timer



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Directions

1. Add filtered/spring water to your stock pot. Turn to medium heat to begin heating the water.
2. While heating the water, prepare the herbs:
 - a. Wash and clean Radishes, remove any dead or yellow leaves and put the whole bunch into the pot.
 - b. Fold or bend the stalk and put in the pot. Cut the Fennel length-wise in half. When cut length wise, the energy of the plant is transferred intact.

It's okay if the stalk of the Fennel is not fully immersed at this point.

3. Put a lid on the pot and turn to high heat. Bring the water to a boil. After the water is boiling, reduce heat to low or medium heat and simmer for 30 minutes.

If needed, use a wooden spoon to completely submerge the Fennel stalk.

4. At the end of 30 minutes, add **in order** the following ingredients: Thyme, Rosemary, and Oregano. (The order must be followed due to the chemical process.) Put the lid back on.
5. Cook for another 5 minutes then add in the Parsley bunches.
6. Cook for 10 minutes then add in the Mint leaves.
7. Turn the heat up slightly to bring the water to a slight boil.
8. When the liquid starts to boil again, add in the Cilantro.
9. Simmer for 5 minutes then remove from heat.
10. Put lid back on and set aside to cool for 4-6 hours before use. Drain using a colander, and press out the liquid as much as possible. Each drop is precious. Refrigerate the liquid and toss or compost the vegetables.



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How to use the Aura Bath

First, rinse yourself off with a mild soap (example Dove, goat milk soap, etc.) in the shower. When you are ready for your bath, fill the tub half way with clean hot water. Make sure the water is a comfortable temperature. Do not get in if it is too hot. Next pour half of the liquid into the hot water. Get into the tub and as you sit or lie in the tub, massage your feet, legs, arms, trunk and head. Add more hot water if the temperature starts to feel cool. As an added moisturizer add a little uncooked sesame oil into the bath. Soak up to 30 minutes.

Once through with your bath, you can rinse off with clean water if you are not comfortable with the smell.

Note: If you can't use the liquid right away, not to worry. It will keep for 72 hours refrigerated, or up to three months in the freezer.