

Bleach Bath Recipe Card

Taking bleach baths two to three times per week is thought to reduce inflammation and the risk of developing staph infections by safely decreasing bacteria on the skin. This bleach bath recipe has the same level of chlorine in your average swimming pool.

INGREDIENTS



Bathtub



Water



Regular or
"unconcentrated"
household bleach
(5.25% sodium hypochlorite)



Measuring cups/
spoons

DIRECTIONS

- 1 Fill bath tub with lukewarm water
- 2 Add 1/2 cup bleach for a full standard-size bathtub of water (approx. 40 gallons); 1/4 cup for a half bathtub of water (approx. 20 gallons); 1 tablespoons for a baby bathtub (approx. 4 gallons)
- 3 Get in and soak for 10 minutes
- 4 Rinse off completely with warm tap water
- 5 Proceed with daily skin care routine

Things to Remember

- ✓ DO NOT use excessively hot or cold water
- ✓ DO NOT submerge your head or face under the water
- ✓ DO NOT add any other products or ingredients to the bath
- ✓ DO consult with your health care provider first before trying a bleach bath or giving one to your child for the first time
- ✓ DO NOT soak for longer than 15 minutes