



Spiritual Bathing: Healing Rituals and Traditions from Around the World

Rosita Arvigo, Nadine Epstein

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Since ancient times, people have engaged in spiritual bathing—a soothing and restorative practice that rejuvenates the body, mind, and soul. Spiritual baths promote health and have been proven to aid in the treatment of anxiety, grief, insomnia, and depression. In *SPIRITUAL BATHING*, best-selling authors Rosita Arvigo and Nadine Epstein explore this lost art and its fascinating history, with information on where sacred baths are currently offered and easy recipes to create bathing rituals in your home. Derived from various regions and philosophies—Shinto, Buddhist, Wiccan, Mayan, and others—most of these baths require only water, a simple ritual, accessible plants and herbs, and the desire to nurture your spirit. Rich with luxurious rituals as well as simple, practical remedies, *SPIRITUAL BATHING* will help you discover a sense of balance, vitality, and pleasure in your daily routine. An exploration of the lost art of spiritual bathing for promoting healing, rejuvenation, and well-being. Filled with prescriptive recipes for preparing sacred baths at home using water, plants, and ritual. Includes more than 75 stunning photographs from 15 cultures around the world.

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