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*The Academy of*  
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The your skin and clogging the drain. Avoid using extremely hot water, as it is drying to the skin. Plan on spending at least 10 minutes in the tub to enjoy the full benefits of using herbs in this way. Here are 10 great herbs to use in your bath.



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## *10 Best Ingredients to Use in an Herbal Bath*

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Salves ...

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*Chinese cuisine -  
Wikipedia*

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