



## **Bleach Bath Instructions**

Taking bleach baths 2 to 3 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.

### **Directions**

1. Fill bath tub with lukewarm water.
2. Add  $\frac{1}{2}$  cup bleach for a full standard-size bathtub of water (about 40 gallons);  $\frac{1}{4}$  cup of bleach for a half bathtub of water (about 20 gallons); 1 tablespoon of bleach for a baby bathtub (about 4 gallons).
3. Get in and soak for about 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** add any other products or ingredients to the bath.
- **DO NOT** soak for longer than 15 minutes.
- **DO NOT** submerge your head or face under the water.
- **DO** consult with your health care provider first before trying a bleach bath or giving one to your child for the first time.