

The Power Of The Sea... Times Three!
The Ocean Will Heal You In And Out!



Table Salt	Spray our 3x ocean water as needed on your any or all of your food or cooking as a salt.
Foot Soak	Fill up a bucket with heated water (ideally distilled). Blend in sodium bicarbonate (baking soda) until diluted, then mix with epsom salt (liberally, it is inexpensive and can be bought at any pharmacy or health food store). Finally stir in 250 ml of our 3x ocean water. Soak feet.
Body Wash	Spray our 3x ocean water directly onto naked body. Let it sit for 5 minutes. Shower or bathe as normal.
Detox Bath (maximum once a month)	Fill bath with hot water. Dilute sodium bicarbonate (baking soda) until diluted, then mix with epsom salt (as much as recommended on the bag for bathing). Add between 250-1000ml of 3% Hydrogen Peroxide (pharmaceutical grade found cheaply at any pharmacy). Soak for 20 minutes.
Facial Spray	Before washing face, spray our 3x ocean water directly onto skin (keep eyes closed. Let sit for 2 minutes. Wash face as normal and rinse thoroughly. Spray our 3x ocean water directly onto skin again.
Bath Additive	Add as needed to turn your bath into salt water. <i>NOTE: This can be very costly financially, proceed with caution. To lower cost mix with Epsom bath salt.</i>
Crop Enhancer	For grass crops, you may begin with a mix ratio of 100 parts water to 1 part our 3x ocean water. Ten gallons of this "mix" should cover approximately one acre. Then, adjust accordingly based on the response you get.
Plant Food/Fertilizer	For flowers and plants, you may begin with a mix ratio of 300 parts water to 1 part our 3x ocean water and feed the plants with this mix to strengthen it with minerals.
Topical Skin Soother	Spray our 3x ocean water directly onto dry skin, cuts, scraps, rashes or bruises.
Pet Water Nutrient	Add 1 drop our 3x ocean water for every 333 drops of water (so a 1 to 1000 ratio) from time to time in your cat or dog's water.