

Safe Herbal Detox for kids

When detoxing children you want more gentle approach. Things like lemon cucumber water and herbal Epsom salt baths are simple, safe, and effective ways to help children cleanse from toxins. Detoxifying children with fruit smoothies and herbal baths can be a gentle and natural way to support their overall health and well-being. Fresh fruit smoothies made with ingredients like berries, bananas, spinach, and citrus fruits provide essential vitamins, antioxidants, and fiber that help the body naturally eliminate toxins while boosting energy and immunity. Adding herbs such as mint or ginger can further aid digestion and cleansing. You can also add chlorella and Spirulina powder for additional overall heart and immune support

Herbal baths, using mild herbs like chamomile, calendula, or lavender, can soothe the skin and promote relaxation while supporting the body's natural detox processes through gentle perspiration and improved circulation.

Here's some recipes that would be great with children gentle enough for daily use.

Lemon Cumber water	Sweet Berry Banana Green Smoothie	Gentle Herbal Tea for Kids (Ages 2+)
<p><i>Ingredients</i></p> <ol style="list-style-type: none"> 1-gallon fresh spring water 2-3 whole lemons 2 whole cucumbers 1 cup fresh mint leaves (loose packed leaves – about 20) or 1/4 cup dried leaves. <p>Peel and cut up lemons, Chop cucumber and mint leaves (if fresh) and add all to 1 gallon of spring water and infuse refrigerated for 24 hours.</p> <p>Drink 1/4 to 1/2 gallon daily.</p>	<p><i>Ingredients</i> (Serves 2 kids)</p> <ol style="list-style-type: none"> 1 Ripe banana 1/2 cup strawberries 1/2 cup mango or pineapple 1/2 cup fresh spinach 1/2 cup vanilla 3/4-1 cup milk 1/4 teaspoon spirulina powder 1/4 teaspoon chlorella powder 1 teaspoon honey <p>It's best if you use frozen fruit or add ice cubes to the blender.</p>	<p><i>Ingredients</i></p> <ol style="list-style-type: none"> 1 teaspoon Chamomile 1 teaspoon Peppermint or Spearmint 1 teaspoon Lemon balm 1 teaspoon Hibiscus (Red bush) <p>Boil 2-3 cups of water and pour over herbs and let them sit and infuse for 10-15 minutes. You can chill this tea and serve it as a "herbal iced tea" with orange or apple slices — kids often love it!</p>

Herbal Bath for Kids

Here are some herbs that are wonderful to add to a warm bath for the cleansing of toxins and overall health of children.

1. **Chamomile Flower**

Calming, great for sensitive skin, bedtime baths

2. **Calendula Flower**

Skin-soothing, gentle, great for irritation

3. **Lavender Flower**

Relaxing, helps with sleep and stress (use lightly)

4. **Rose petals**

Gentle, comforting, skin-friendly

5. **Rolled Oats**

Very soothing, supports skin comfort

6. **Lemon balm leaves**

Calming, gentle, and kid-safe

How to prepare

Add 2–4 tablespoons total dried herbs to a tea bag, sock, or cloth

Steep in 1 quart of hot water for 10–15 minutes, pour the strained tea into a warm bath and let your child soak 10–15 minutes