

# BATHING WITH CHLORINE DIOXIDE

## BENEFITS OF TREATING BATH WATER WITH CHLORINE DIOXIDE

1. **Effective Disinfection** Chlorine dioxide is highly effective at killing a wide range of pathogens, including bacteria, viruses, and protozoa. This ensures that your bath water is free from harmful microorganisms that could cause infections or skin irritations.
2. **Biofilm Removal** One of the unique advantages of chlorine dioxide is its ability to penetrate and destroy biofilms. Biofilms are slimy layers of bacteria that can form on surfaces and are resistant to many disinfectants. By breaking down these biofilms, chlorine dioxide ensures that your bath water is thoroughly clean and safe.
3. **Improved Skin Health** Bathing in chlorine dioxide-treated water can help improve skin health by reducing inflammation, irritation, and the risk of infections. This is particularly beneficial for individuals with sensitive skin or skin conditions such as eczema and psoriasis.
4. **Detoxification** Chlorine dioxide helps draw out toxins from the body through the skin, promoting overall health and well-being. This detoxification process can leave you feeling refreshed and revitalized after a bath.
5. **Improved Odor** Chlorine dioxide effectively eliminates unpleasant odors that can often be found in untreated water. This results in a more pleasant bathing experience with water that smells clean and fresh.
6. **Enhanced Water Quality** Treated water is clearer and more aesthetically pleasing, making your bath more enjoyable. The absence of visible impurities and contaminants contributes to a more luxurious bathing experience.
7. **Allergen Reduction** By reducing allergens and irritants in the water, chlorine dioxide can help alleviate symptoms for those with allergies or sensitivities. This makes baths more comfortable and beneficial for individuals with respiratory or skin sensitivities.
8. **Efficacy Across pH Levels** Unlike traditional chlorine, chlorine dioxide remains effective across a wide range of pH levels. This ensures consistent disinfection regardless of the water's pH, making it a reliable choice for various water conditions.
9. **Environmental Safety** Chlorine dioxide breaks down into non-toxic by-products, making it an environmentally friendly disinfectant. It does not produce harmful chlorinated by-products like trihalomethanes (THMs) and haloacetic acids (HAAs), which are associated with traditional chlorine disinfection.
10. **Cost-Effective** Chlorine dioxide requires lower dosages compared to traditional disinfectants, leading to significant cost savings over time. Its high efficiency and broad-spectrum activity make it a cost-effective solution for treating bath water.

By treating your bath water with chlorine dioxide, you can enjoy these numerous benefits, enhancing both your bathing experience and overall health.

## BATH TIME PROTOCOL FOR USING CHLORINE DIOXIDE

Treating your bath water with chlorine dioxide can significantly enhance your bathing experience by ensuring the water is clean and free from harmful pathogens. Here's a detailed protocol to help you safely use chlorine dioxide in your bath:

## RECOMMENDED DOSAGE

- **Standard Bath Size:** For a regular-sized bathtub, use 15-20 activated drops of chlorine dioxide. This dosage ensures effective disinfection while being safe for most skin types.

## **STEP-BY-STEP PROTOCOL**

### **1. Prepare the Solution**

- **Activation:** To activate chlorine dioxide, mix an equal number of drops of sodium chlorite solution (Part 1) with an activator, such as hydrochloric acid (Part 2). For 15 drops of chlorine dioxide, you would mix 15 drops of sodium chlorite with 15 drops of hydrochloric acid.
- **Activation Time:** Allow the mixture to activate for 20-30 seconds. This process will produce chlorine dioxide gas, which dissolves in the water to form the disinfectant solution.

### **2. Add to Bath Water**

- **Mixing:** Add the activated chlorine dioxide solution to your bath water. Ensure the bath water is at a comfortable temperature before adding the solution. Stir the water thoroughly to distribute the chlorine dioxide evenly.

### **3. Soak and Relax**

- **Duration:** Soak in the chlorine dioxide-treated bath for 20-30 minutes. This allows sufficient time for the skin to absorb the benefits of the disinfectant.
- **Ventilation:** Ensure the bathroom is well-ventilated to avoid inhaling any fumes. An exhaust fan or an open window can help improve air circulation.

### **4. Post-Bath Rinse**

- **Rinse Off:** After soaking, rinse off with clean water to remove any residual chlorine dioxide from your skin. This step is crucial to prevent any potential irritation.