

How to Take a Zalmanov Bath at Home

Zalmanov Baths offer a unique and powerful way to restore health by stimulating capillary circulation. For best results, the procedure should be followed carefully and consistently.

Bath Frequency & Dosage

Standard frequency: Every other day

In cases of strong pain: Daily baths are recommended

Starting dose: 20–25 ml of tonic (white or yellow) for adults, increasing gradually to 120–130 ml depending on tolerance and results.

Important:

Avoid alcohol, tobacco, antibiotics, and meat during the course to support detoxification and healing.

What to Expect with White Tonic

Mild tingling or burning sensations on the skin are common. Reactions vary depending on:

The concentration of the tonic
Individual skin sensitivity

Strong burning means you've exceeded the dose or bath time.

Apply Vaseline to the genital area before bathing to reduce irritation.

To perform Zalmanov Baths safely at home, gather the following:

- A bathtub (170–200 L capacity)
- Access to hot and cold water
- A water thermometer (up to 50°C)
- A measuring cup
- A sphygmomanometer (optional, to track blood pressure)
- A clock
- A mirror (to observe facial perspiration if bathing alone)
- White and yellow Zalmanov tonics

Three Stages of the Zalmanov Bath Procedure

1. Preparing the Bath

Fill the tub with warm water (~36°C) to about 15–25 cm from the top.

Use a thermometer to monitor water temperature throughout.

Measure the tonic dose (start with 20–25 ml), dilute it in hot water, then pour

into the bath and stir thoroughly.

2. Taking the Bath

Submerge your body up to your shoulders (keep your head out of water).

Gradually add hot water to raise the temperature 1°C every 2 minutes.

Stir water gently with your hands and feet.

Temperature Guidelines:

White tonic: Do not exceed 39°C ($\pm 1^\circ\text{C}$)

Yellow tonic: Gradually increase up to 41–42°C

Recommended timing:

- First 5 minutes: Raise to ~39°C
- Next 5 minutes: Increase to ~41°C
- Final 5 minutes: Relax without adding more hot water

Key sign to end the bath: Visible perspiration on the face means the body has reached therapeutic effect.

Be cautious: bath walls may become slippery.

3. Rest & Sweating Stage

This post-bath phase is essential for results:

Wrap up warmly and lie in bed for 1–2 hours

Use 2–3 blankets to promote continued sweating

Drink hot herbal tea with honey (e.g., linden flower, elderflower, raspberry leaf) to encourage detox

Why this matters:

Sweating eliminates toxins from your body—this is where real cleansing and healing begins.

Final Step: Rinse Off

After resting, take a light shower with no soap or shampoo. This refreshes the body without disrupting the skin's natural oils or the therapeutic effect.