

EPSOM SALT BATH

What is EPSOM salt?

Epsom salt is a mineral compound also known as magnesium sulfate.

It is not an edible salt!

Our body's are low in this mineral due to things like environmental stress, overuse of prescription meds, changes in agriculture and a greater consumption of fast food.

Adding Epsom salts to your bath and soaking helps add this mineral back into your body so you can reap the benefits!

According to the National Academy of Sciences, American's magnesium deficiency helps to account for high rates of heart disease, stroke, osteoporosis, arthritis and joint pain, digestive maladies, stress-related illnesses, chronic fatigue and a number of other ailments.

BENEFITS

- Relaxes yet energizes you! It promotes serotonin production and reduces adrenalin in the body.
- Relieves inflammation in the joints, muscle tension and overall pain.
- Regulates blood sugar levels to help with energy (especially great for diabetics).
- Treats Athlete's Foot and toenail fungus so it's great even as a foot bath.
- Improves your body's absorption of nutrients especially calcium.
- Flushes toxins and heavy metals from your cells.
- Reduces inflammatory conditions such as psoriasis, eczema, acne or rosacea
- Improves sleep quality and helps with insomnia. Take a bath an hour before bed!

HOW TO TAKE AN EPSOM SALT BATH

Ideally you want 40 minutes for an Epsom salt bath; 20 minutes to remove the toxins and then 20 minutes to absorb the minerals in the water. If you only have 20 minutes to take an Epsom salt bath, that's fine!

Temperature-wise you want your bath water to be hot but not painfully so. If you are pregnant, you can still take Epsom salt baths just make sure the water isn't too hot and shorten your soak to about 20min.

It's very normal to sweat during an Epsom salt bath and it can be dehydrating so keep a glass of water and a towel near by! Use caution when getting out of the bath.

Fill up your bath with warm water and add the appropriate amount of Epsom salts. They will dissolve in the water.

Children under 60 lbs:

Add 1/2 cup of salts to a standard size bath

Individuals between 60-100 lbs:

Add 1 cup of salts to a standard size bath

Individuals between 100-150 lbs:

Add 1 1/2 cup of salts to a standard size bath

Individuals between 150-200 lbs:

Add 2 cups of salts to a standard size bath

For every 50lbs larger -

add in an additional 1/2 cup of salts.

DIY

Salt Detox Bath Recipe

1/4 cup Sea Salt or Himalayan Salt

1/4 cup Epsom Salt

1/4 cup Baking Soda

1/3 cup Apple Cider Vinegar

Ginger Detox Bath Recipe

1 cup epsom salts

1/2 C of freshly grated ginger or a rounded
teaspoon of ginger powder

Clay Detox Bath Recipe

1/2 cup bentonite clay

1/2 cup epsom salts