

Epsom Salt – an inexpensive stress reliever

Escape daily stress by pampering yourself once in a while. An inexpensive way to rejuvenate the mind and body is to enjoy a warm Epsom Salt bath at home.

Epsom Salt derives its name from a bitter saline spring in Epsom, Surrey, England. It is made of two components, magnesium and sulfate, and has beneficial properties that can help soothe the body and mind.

Why does it work?

According to the Epsom Salt Council, when dissolved in a warm bath, Epsom Salt is absorbed through the skin to replenish the body's levels of magnesium to help ease stress and create a relaxed feeling.

Studies indicate soaking in a bath of Epsom Salt regularly, may help to relieve stress and improve sleep and concentration in a number of ways:

- Raising the body's level of serotonin, a mood-elevating chemical in the brain that creates a feeling of well-being and relaxation.
- Offsetting excess levels of adrenaline generated by pressure and stress; magnesium ions relax and reduce irritability by lowering the affects of adrenaline.
- Lowering blood pressure.
- Helping to regulate the activity of enzymes and the electrical functions that spark through miles of nerves to improve nerve functioning.
- Reducing inflammation to relieve pain and muscle cramps.

Epsom Salt also delivers sulfates, which medical research shows are needed for the formation of brain tissue and joint proteins.

Studies show that sulfates also help to detoxify the body's residue of medicines and environmental contaminants when absorbed through the skin by soaking in a bath.

Epsom Salt may help with:

- Flushing toxins
- Improving absorption of nutrients
- Forming joint proteins, brain tissue and mucin proteins
- Preventing or easing migraine headaches

Experts recommend soaking with Epsom Salt at least three times a week to look better, feel better and have more energy!

Usage Tips:

Ease stress and relax body: Dissolve 2 cups of Epsom Salt in a standard size bathtub; soak for at least 12 minutes, three times weekly. For an extra treat, add a few drops of eucalyptus oil for a refreshing scent.

At home Spa treatment: After showering, massage handfuls of Epsom Salt over wet skin to exfoliate the body. It's the same treatment many upscale spas use.

Relieve pain and sore muscles: Dissolve 4 cups of Epsom Salt in warm bath water after strenuous exertion. Repeat often to comfort muscle aches, reduce stiffness and help soothe away daily stress.

Exfoliates dead skin: Mix 2 cups of Epsom Salt with 1/4 cup of petroleum jelly and a few drops of lavender essential oil. Use the mixture to gently scrub away dry skin patches.



CAUTION: DO NOT take internally. For external use only.

Sources: The Epsom Salt Council
website: www.epsomsaltcouncil.org

www.recochem.com