

# Benefits of Sea Salt That Spice Up Skin and Hair

November 12, 2015  
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Days at the beach may be an almost constant dream with winter on the horizon. Yes, many of us will soon be donning our hats and gloves. But go without the beauty [benefits of sea salt](#)? Never!

As your skin becomes more dry and hair more flyaway, you are probably fantasizing about the tousled waves and super smooth skin you get after a day at the beach. But this tasty mineral-packed substance does more for skin and hair than you may think.

Sea salt is naturally sourced from ocean water and undergoes [little processing](#), which means its mineral content remains intact. This makes it detoxifying, alkalizing, and moisturizing. Sea salt is also used to eliminate blackheads and clear pores, calm inflammation and itchy skin

conditions, slough away dead skin cells, diminish puffiness, boost circulation, tone the skin, and absorb excess scalp oils. It is very mild and suitable for most sensitive skin types.

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Wish you could bring that beachy feel and benefits of sea salt home all winter long? Not a problem. Here are some natural products to do just that.

### **Benefits of Sea Salt in Natural Beauty Products**

**For Acne:** Dealing with stubborn blackheads? [May Lindstrom Skin The Problem Solver](#) includes red alaea sea salt to clear pores, draw out impurities, absorb excess oil, and calm inflammation with.

**For Rough Skin:** [Tata Harper Smoothing Body Scrub](#) is made with pink [Himalayan](#) and Hawaiian sea salts to gently buff skin to smooth perfection. It is important to avoid using salt or other exfoliants on irritated skin or open sores. Add some aromatherapy to the mix with [Rahua Body Shower Gel](#).

**For Dry Skin:** Salt for dry skin seem counter intuitive? Sea salt is a natural humectant, drawing moisture to skin and helping to retain it. Try lightweight [One Love Organics Coconut + Salt Mineral Body Lotion](#) to combat winter dryness and support skin tone.

**For Sore Muscles:** Sea salt is ultra good at soothing sore, stiff muscles and boosting circulation. Fill your tub with warm water and a heaping helping of [Aster & Bay Bathing Salts Bergamot + Vetiver](#), and soak your troubles away. Also a good idea for calming itchy skin.

**For Lack Luster Hair:** Now, back to those beachy waves. You can have them any time of year with a spritz of [Olivine Atelier Love + Salt Beach Hair and Body Mist](#). Use as body scent, too. If you'd rather, here's a little [DIY for the perfect salty hair spray](#).

*Image of [sea salt](#) via Shutterstock*