



# EPSOM SALT BATH

Taking an Epsom salt bath can be relaxing and therapeutic. The magnesium sulfate in Epsom salt can be absorbed through the skin during a bath, and can support the body's natural detox processes. The warm water opens pores, allowing for the potential elimination of toxins through sweat. Additionally, the anti-inflammatory properties of magnesium may help reduce inflammation. Here's a step-by-step guide on how to do it:

## INGREDIENTS:

- Epsom salt
- Warm water

## INSTRUCTIONS:

1. **Gather Supplies:** Collect Epsom salt and ensure you have access to a bathtub.
2. **Run Warm Water:** Fill your bathtub with warm water. Ensure that the water temperature is comfortable, not too hot to avoid skin irritation.
3. **Add Epsom Salt:** Pour the recommended amount of Epsom salt into the running water. Generally, for a standard-sized bathtub, adding 1 to 2 cups of Epsom salt is sufficient. Follow the instructions on the Epsom salt packaging for more precise measurements.
4. **Dissolve the Salt:** Swirl the water with your hand to help dissolve the Epsom salt.
5. **Optional Additions:** If you'd like, you can enhance your bath experience by adding a few drops of essential oils (such as lavender or chamomile) for aromatherapy benefits, but do NOT do this if you are ultra sensitive!
6. **Soak and Relax:** Once the Epsom salt is dissolved and the bath is ready, step into the tub and soak for at least 15–20 minutes. Relax, breathe deeply, and let the Epsom salt work its magic.
7. **Rinse Off:** After your soak, rinse off in a shower to remove any residue. Pat yourself dry with a towel.
8. **Hydrate:** Drink a glass of water after your bath.



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## TIPS:

- If you have any health concerns or skin conditions, it's advisable to consult with a healthcare professional before taking Epsom salt baths.
- Don't use extremely hot water, as it can be harsh on the skin and may negate the relaxing effects of the Epsom salt.

## WHAT IF I DON'T HAVE ACCESS TO A BATH TUB?

An Epsom salt foot bath involves soaking your feet in warm water mixed with Epsom salt. If you do not have a bath tub, you may do a small epsom salt foot bath. These foot baths do not have the same full body benefits as a full body bath, but they are relaxing and can help reduce inflammation.

To enjoy an Epsom salt foot bath:

1. **Gather Supplies:** Collect Epsom salt and a basin large enough for your feet.
2. **Warm Water:** Fill the basin with warm water. Ensure it's comfortable, not too hot.
3. **Add Epsom Salt:** Pour 1/2 to 1 cup of Epsom salt into the warm water. Stir to dissolve.
4. **Soak Your Feet:** Submerge your feet in the water, ensuring the Epsom salt dissolves fully.
5. **Relax and Soak:** Relax for 15–20 minutes. You can enhance the experience by adding essential oils for aroma.
6. **Dry and Moisturize:** After soaking, pat your feet dry and apply moisturizer.

An Epsom salt foot bath can help soothe tired feet, reduce swelling, and promote relaxation.