

## EPSOM SALT THERAPEUTIC BATH

Studies have shown that magnesium and sulfate are both readily absorbed through the skin, making Epsom salt baths an easy and ideal way to enjoy the amazing health benefits. Magnesium plays a number of roles in the body including regulating the activity of over 325 enzymes, reducing inflammation, helping muscle and nerve function and helping to prevent artery hardening. Sulfates help improve the absorption of nutrients, flush toxins and help ease migraine headaches.

### HEALTH BENEFITS:

- Eases stress and relaxes the body
- Relieves pain and muscle cramps
- Helps muscles and nerves function properly
- Eliminates toxins from the body

### WHAT TO DO:

ADD 3 – 6 CUPS OF EPSOM SALTS (MAGNESIUM SULPHATE) TO YOUR BATH, DEPENDING ON THE SIZE OF YOUR TUB.

SOAK FOR 15 – 20 MINUTES.

HAVE A WARM OR COOL SHOWER TO RINSE YOUR BODY OF ANY SALTS OR TOXINS.

### IMPORTANT NOTE:

It is very important that you are hydrated before; during and after an Epsom salt bath as the salt water gradient will draw fluids from your body.

### CONTRAINDICATIONS FOR EPSOM SALT BATHS:

- Consult your physician before use if you have a cardiovascular condition or suffer from high blood pressure conditions
- If you are diabetic, have thyroid problems, adrenal issues, and such in which will affect the kidneys in their ability to clear, then one should not use this product unless they consult their physician.