

Epsom Salts (bath)



Epsom Salts, first discovered in Epsom, England, have traditionally been used for centuries. They are a great addition to a soothing, relaxing bath or foot soak.

How to Use:

Take Epsom salt baths up to three times weekly. Start with a $\frac{1}{2}$ cup to check for skin sensitivity. Increase to 2 cups of salt to a waist deep warm bath. You can add $\frac{1}{2}$ cup olive or coconut oil, but do not use soap. As a foot bath, pamper weary feet by adding $\frac{1}{2}$ cup of Epsom salt to a basin of warm water.

Relax and soak feet for 20 minutes. For extra luxury add a handful of rose petals or lavender. Epsom salts with dried flowers makes a lovely gift. In the shower or bath, mix a

handful of Epsom salt with a tablespoon of oil and rub all over your wet skin to exfoliate and soften.

Ingredients:

Magnesium Sulphate.