

# Epsom Salts

Epsom Salts have been used for generations for their healing & detoxification properties, helping to relieve muscular tension, aches and pains.

Long known as a natural remedy for a number of ailments, Epsom salt has numerous uses and health benefits.

Epsom salt is a pure, natural mineral of magnesium and sulfate. Experts suggest at least 68% of us are magnesium deficient (most likely more), leading to a host of health problems.

Studies have shown that magnesium & sulfate are both readily absorbed through the skin.

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 away toxins and help ease migraine headaches.

## **To make a relaxing bath:**

Dissolve 1 - 2 cups of Epsom Salt in hot bathwater. Soak for at least 20 minutes before washing hair or shaving.

## **Reduce aches & pains with a foot soak:**

Dissolve 1/2 cup of Epsom salt in a large bowl of hot water and watch your aches melt away!

**Ingredients:** Epsom salts (Magnesium sulfate)

*Keep out of direct sunlight. Store in a cool, dry place, out of the reach of children. Be careful when stepping in & out of a slippery bath. Avoid contact with eyes. If contact occurs rinse area with clean running water.*



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