INTEGRATIVE HEALTH PRACTITIONER

EPSOM SALT BATH

Epsom salt is composed of magnesium and sulfate. Magnesium is a renowned mineral with massive amounts of clinical data showing its effectiveness in calming the central nervous system. Taking an Epsom salt bath before bed can also help you relax and sleep easier. The sulfate in this “salt” solution helps to detoxify the body because sulfur is an essential component of Phase 2 liver detoxification. This makes Epsom salt baths a simple, stress-free way to naturally supplement with two necessary ingredients for mental and physical well being!

How to Take an Epsom Salt Bath

Although you will need a bathtub, taking an Epsom salt bath is completely hands off. Here are the simple instructions for enjoying a little spa relaxation right at home:

1. Turn on the tub with the hottest water you can comfortably enjoy

2. Pour 2-4 cups of Epsom salt into the water as it’s filling up

3. Make sure the salt has been dissolved in the water before getting into the tub

4. Turn down the lights and light a single candle (optional)

5. Add 3-5 essential oil drops, like lavender, to an infuser or right into the water to further calm your nervous system and relax (optional)

6. Close your eyes, try to meditate if you’d like, or put on some relaxing music, and soak for 15 – 30 minutes

7. Towel off and if possible, try to go right to bed without any further stimulation

* All information provided is for health education purposes only and is not intended to diagnose, treat, cure, or prevent any disease.