

EPSOM SALTS BATH

A nice Epsom salts bath can help you relieve stress, soothe your muscles, soften your skin and assist with detoxification pathways. Some recent studies have even indicated that Epsom salt baths may be soothing for children with autism.

Magnesium helps keep enzyme activity regular in your body, and it helps bodily functions to run smoothly and different types of muscle fibres to relax. Sulphate has a role in the formation of brain tissue and joint proteins, and it can strengthen the walls of the digestive tract.

- Consume 300 to 500ml of filtered water over the half hour prior to your bath, and the same after. (You lose about 800ml - 1litre in sweat.)
- Fill your bath with warm to hot water. Hot enough that it takes a little time to get used to, but not so hot that it burns.
- Add 400 - 450gms of Epsom salts. (Magnesium sulphate)
- Immerse your body and relax for at least 20 minutes.
- You should be sweating at the 10 to 12 min mark, and finish up when you feel "cooked".
- Enjoy a great night's sleep, improved healing and muscle relaxation.