



Why Epsom Salt?

What is it and why bathe in it?



Epsom salt (magnesium sulphate) is mainly used externally in a bath to relieve aches and pains. It is especially beneficial to soak in a bath in which you have dissolved 2-3 cups of Epsom Salt after any physical exercise or body work therapy due to the fact that these activities help release toxins from body tissues into the blood stream for elimination.

The ingredients include:

Magnesium: a powerful vasodilator required for proper muscle function, as well as neuromuscular coordination. It prevents the muscles from going into spasm (cramping) resulting from strenuous activity.

Sulphate: improves elimination & detoxification from the increased metabolic waste resulting from physical activity, and therefore improves recovery time.

Together they also combat inflammation, which occurs in the body all the time, but at a greater rate after strenuous exercise or body work therapies.

Your Body, Your Life - Live it Comfortably!

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