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## **THERAPEUTIC EPSOM SALT BATHS**

### **Purpose:**

Epsom salts are magnesium sulfate, using them in a bath is one of the fastest ways to get a significant amount of magnesium into the body. Magnesium works in conjunction with calcium and can be used to soothe muscular aches and pains. It's also very helpful in relieving both muscular tension and "toxic" headaches.

Magnesium is a very important mineral for the liver and running your detoxification pathways. Therefore Epsom salt baths can be a very supportive tool in metabolic cleansing, either on an annual basis or as a routine supportive treatment.

### **Procedure:**

1. Fill your bath with water temperature that suits you. As the tub is filling begin to pour in epsom salts.
2. Before getting in, confirm there are undissolved salts in the bottom of the tub, there should be approximately 1 cup of undissolved salts. This is referred to as a "supersaturated" bath, or a "therapeutic" bath.
3. The bath needs to be supersaturated to drive the magnesium across your skin into your body.
4. After you get into the tub, you will notice the salts will go into solution fairly quickly as your body absorbs magnesium out of the bath. You don't need to add more, just rest and relax!