

**What is an Epsom Salt bath?**

The use of Magnesium Sulphate (Epsom Salt) in a hot bath to promote increase circulation, detoxification and elimination. Epsom salt is a naturally occurring mineral and is a proven remedy to treat muscle soreness, aches and pains. It can also help to reduce stress

**Why take an Epsom Salt bath?**

It is recommended to take an Epsom Salt bath after a massage, especially for a first time client and when deeper work has been incorporated into your treatment

**What are some benefits of Magnesium Sulfate?**

* Eases stress
* Reduces inflammation to relieve pain
* Improves concentration and quality of sleep
* Helps muscles/nerve to function properly
* Regulates the activity of over 325 enzymes in the body
* Improves oxygen use
* Flushes toxins
* Improves absorption of nutrients
* Helps prevent or ease migraine headaches
* Helps prevent artery hardening and blood clots

**What will you need?**

1. A bathtub
2. A thermometer (if available)
3. A water bottle nearby to ensure ample drinking water
4. 1-4 cups of Epsom Salts (depending on the size of your tub)
5. A visible clock to monitor the duration of your bath

**Directions for taking an Epsom Salt bath:**

* While filling the tub with hot water, gradually dissolve the salts to prevent clumping (39-44 degrees keeps water comfortable and adjust temperature accordingly)
* Make yourself comfortable in the bath with as much of your body submerged if possible ( if you have a heart condition; and have consulted your physician, modify this bath and remain in a semi seated position with the water below your heart level)
* Throughout your bath be sure to make small body movements with your bands and/or feet, as you do not want to lay motionless for a prolonged period while in the bath
* Sip your drinking water regularly and add a cool compress if needed to your head or chest.
* Remain in the tub for 10-20 minutes, then pull plug and allow water to drain before standing up. Follow your bath with a cool shower to rinse off excess salt and replenish the pH of your skin. Pat skin dry.
* Minimum 30 minutes rest after bath (ideal before bed)

***NOTE: Should you experience any undesired effects such as dizziness or nausea, immediately drain the tub, remain seated and drink water until the feels subside.***

* **Consult your physician for any contraindications before taking an Epsom salt bath.**
For more information about Epsom Salts; refer to Epsom Salt Council.org