

Epsom Salt Bath

Epsom salt is magnesium sulfate. Soaking in a warm to hot bath containing this salt of magnesium is a great way to reduce stress, ease muscles tension, eliminate toxins and relax. Epsom salt baths can also be used to help heal sprains or other injuries.

To take an Epsom Salt Bath simply add two (2) cups of Epsom salt to the bath water. You can add 5-10 drops of one of your favorite essential oils. Good choices for relaxing include lavender and rose. Be sure to mix the essential oils with a small amount of a natural, unscented soap, so they will disperse in the water. Soak in the bath for 15-20 minutes. Feel free to light candles and listen to relaxing music, too.

Additional Suggested Ingredients:

- 1 cup Baking Soda
- ¼ cup Apple Cider Vinegar (ACV)

Directions

Mix essential oil with unscented liquid soap (so they will disperse in the water), then add in the Epsom Salt & Baking Soda before bath, and then pour in ACV.

Suggested Essential Oils:

- **Clarify (Solle Naturals):** nerve health, jet lag, fatigue, memory, focus, circulation, respiratory clarity, lymphatic decongestant, anti-fungal, anti-bacterial, helps one move forward and increase blood flow.
- **Calm (Solle Naturals):** grounding, calming, nervousness, anxiety, anti-fungal, calms anger, promotes restful sleep, skin irritations, fatigue, sore muscles and mental chatter.
- **Balance (Solle Naturals):** restores harmony, can help stop the spread of infection, anxiety, anti-inflammatory, anti-fungal, adrenal fatigue, immune support and calms heart and nerves.
- **Chamomile:** calming, poor circulation, indigestion, irritability, nervousness, itching, psoriasis, rashes, hives, sprains, wounds and sores.
- **Eucalyptus:** asthma, decongestant (lungs, sinuses), colds, coughs, bacterial infection, wounds and sores.
- **Jasmin:** can help to restore moisture and elasticity to skin, soothes sunburns and rashes, restful sleep, calming, headaches, depression and anxiety.
- **Lavender:** relaxant, anxiety, nervousness, stress, body odor, cramps / spasms, anti-fungal, headaches, tension and promotes restful sleep.

- **Mint:** (Spearmint) anti-inflammatory, dry itchy calms and softens skin, nervousness, skin problems and headaches. (Peppermint) burns, corns, lack of energy, fever, anti-fungal, hot flashes, bites and stings, nausea and vomiting (use 2-5 drops).
- **Rose petals/Rose oil:** relaxing, anti-inflammatory, anti-fungal, acne, eczema, psoriasis, mood lifting and soothes and softens skin.
- **Rosemary oil:** arthritis, improves circulation to the brain, decongestant, coughs, colds, croup, depression, anti-fungal, skin infections and oily skin. Warning: Rosemary's stimulating action is not recommended for people with epilepsy or high blood pressure. Avoid during pregnancy or breast-feeding.
- **Sage:** soothes bites and stings, body odor, perspiration (excessive), wounds, sores, inflammation, arthritis, antioxidant, eczema, psoriasis and stress.

