

Sarah's Healing Touch for Women

10 ways to use Epsom Salts for Health & Healing



1.) **Muscle Pain and Body Aches.** This is probably what Epsom salt is BEST known for...but I found it interesting to know WHY. The magnesium that is absorbed into the skin from the “salt” interferes with receptors in the brain that register pain. So the next time you have body aches from the flu...try an Epsom salt bath! Adding a few drops of lemongrass essential oil too is also helpful!

2.) **Constipation.** Epsom salt is a natural laxative that can be used to relieve constipation. Mix 1 tsp. in a glass of water. It will taste extremely bitter, but it works.

3.) **Splinter removal.** Dissolve about 1 cup of Epsom salt in a tub of water and soak the affected area to draw out the splinter. Then get your tweezers and viola!

4.) **Sunburn.** A cool bath with 2 cups of Epsom salt reduces pain and has mild anti-inflammatory properties. After you get out of the bath rub pure aloe vera on as usual.

5.) **Treat toenail fungus.** Soak your affected toes in hot water mixed with a handful of Epsom salt three times a day.

6.) **Mood Lifter.** Taking Epsom salt baths helps your body detoxify and absorb the magnesium, which is very helpful for depression and anxiety. It is also helpful to add lemon, orange, and grapefruit essential oil to the bath!

7.) **Garden Fertilizer.** Studies show that Epsom salt may help plants grow greener with higher yields and more blooms. Magnesium helps seeds to germinate, increasing chlorophyll production and improving phosphorus and nitrogen uptake.

8.) **Deter slugs.** Sprinkle Epsom salt where they glide and say good-bye to the slugs.

9.) **Hair Care!** Volumize your hair by warming equal parts, deep conditioner and Epsom salts in a saucepan; work the mixture through your hair then rinse after 20 minutes for soft volumized hair.

10.) **Foot Odor Reduction.** Soaking your feet in 2 gallons of very warm water mixed with 1 cup of Epsom salts helps eliminate foot odor caused by bacteria. Exfoliating prior to soaking the feet in salt water makes results faster as well as longer lasting.

Rejuvenate Refresh Relax