

Great Salt Lake Salts (Fine & Coarse)

The Great Salt Lake is the second largest lake providing essential nutrients to the body as well as great treatments.

Usage: Coarse

- ❑ Hydrotherapy - Mix $\frac{3}{4}$ cup with hot water and allow to dissolve prior to mixing the running water for the hydrotherapy tub.
- ❑ Mist – Mix 2 tablespoons of coarse salt with 8 oz. of hot water. Allow salt to dissolve and pour into an 8-oz. spray bottle. Great for before, during, and after a heat treatment or hot shower.

Usage: Fine

- ❑ Mix $\frac{1}{2}$ cup with a carrier oil, essential oil, or and other ingredients to make a customized exfoliating scrub.

Great Salt Lake treatments are good for:

- ❑ Detoxifying.
- ❑ Cellulite reduction.
- ❑ Balancing - 90% of the population are trace mineral deficient.
- ❑ Nourishing.