

## **Dead Sea Salts**

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The waters of the Dead Sea have been renowned for their therapeutic effects since ancient times. Two thousand years ago, Flavius wrote that the salts from the Dead Sea heal the human body.

The waters from the Dead Sea are unique in that they contain 27% of various salts as compared to 3% in normal seawater. Further, while sodium accounts for approximately 80% of the salt content of normal seawater, it comprises much less of the salt total in water from the Dead Sea. The balance of the salts in Dead Seawater is magnesium, potassium, calcium chloride, and bromides.

### **Why are these types of salts beneficial?**

- ❑ Magnesium is important for combating stress and fluid retention, slowing skin aging, and calming the nervous system.
- ❑ Calcium is effective at preventing water retention, increasing circulation, and strengthening bones and nails.
- ❑ Potassium energizes the body, helps to balance skin moisture, and is a crucial mineral that must be replenished following intense exercise.
- ❑ Bromides act to ease muscle stiffness and relax muscles.
- ❑ Sodium is important for the lymphatic fluid balance (this in turn is important for immune system function).

Consequently, we can see that bathing in high quality sea salt could replenish the minerals, which are critical to our skin metabolism.

### **Usage**

- ❑ Use with carrier oil only for exfoliating scrubs.
- ❑ Use Fine and Fine with Extra Magnesium for scrubs.
- ❑ Use Medium for hands and feet exfoliation.
- ❑ Use Coarse in a hydrotherapy tub.
- ❑ Mix with essential oils for a more customized treatment.