

## Epsom Salts

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Epsom Salts are made from a rock substance called Dolomite, which is found abundantly in, and derives its name from, a mountainous district in the South Tyrolean Alps called 'The Dolomites'. When examined by the chemists, this Dolomite rock is found to belong to a very large group of substances known as 'salts', in which an alkaline base is combined with an acid radical to form a neutral substance the 'salt'. It consist of two metals, calcium and magnesium, combined with two non-metallic elements, carbon and oxygen, and takes the form of a neutral double salt known as carbonate of calcium and magnesium.

When magnesium sulfate is absorbed through the skin, such as in a bath, it draws toxins from the body, sedates the nervous system, reduces swelling, relaxes muscles, is a natural emollient, exfoliator, and much more.

### Usage

- ❑ Relaxing and Sedative Hydrotherapy Treatment or Soak - Add 2 cups of Epsom Salt to warm water.
- ❑ Cleansing and Exfoliating - Mix a half-teaspoon of Epsom Salt with cleansing cream. Massage into skin and rinse with tepid water.
- ❑ Mask - For normal to oily skin, mix 1 tablespoon of toner, 1 tablespoon of egg white powder, 1/4 cup of cream milk powder, 1 teaspoon of lemon essential oil, and a half-teaspoon of Epsom Salt.
- ❑ Foot Soak - Soothe aches, remove odors, and soften rough skin with a foot soak. Add 1/2 cup of Epsom Salt to warm water. Soak feet for as long as it feels right. Rinse and dry
- ❑ Skin Exfoliator - Massage 1/2 cup of Epsom Salt over moistened skin, starting with the feet and continuing up towards the face. Rinse and follow with a moisturizer.