



## Here's why Epsom Salts are Simply Amazing...

Magnesium is the fourth most abundant mineral in the body, the first being Calcium. It is involved in more than 325 biochemical reactions that benefit your heart and nervous system.

**Epsom Salts possess an enormous array of health benefits and applications ranging from the cosmetic to the cultivation of plants.**

Many people do not consume enough magnesium. Even if you do, factors such as dietary phytates and oxalates can interfere with how much your body absorbs. While Magnesium Sulfate has value as a Magnesium supplement, some people claim that Magnesium may be better absorbed via Epsom salt baths than when taken by mouth.

### *Healthy Body:*

**Athlete's Foot** - Soak feet in an Epsom salt bath to help relieve symptoms

**Remove splinters** - Soak affected skin area in an Epsom salt bath to draw out the splinter.

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

**Soothe sprains and bruises** - Add 2 cups Epsom salt to a warm bath and soak to reduce the pain and swelling of sprains and bruises.

**Ease the discomfort of Gout** - Ease the discomfort of gout and reduce inflammation by adding 2-3 teaspoons of Epsom salts into a basin and immersing the affected foot/joint. The water should be as hot as is comfortable. Soak for about 30 minutes.

**Exfoliate dead skin** - In the shower or bath, mix a handful of Epsom salt with a tablespoon of the bath, or olive oil and gently apply over wet skin to exfoliate and soften. Rinse thoroughly.

**Exfoliating face cleanser** - To clean your face and exfoliate skin at the same time, mix a half-teaspoon of Epsom salt with your regular cleansing cream. Gently massage into skin and rinse with cold water.

**Dislodge blackheads** - Add a teaspoon of Epsom salt and 3 drops iodine into a half cup of boiling water. Apply this mixture to the blackheads with a cotton ball.

**Remove foot odour** - Mix a half cup of Epsom salt in warm water and soak your feet for 10 minutes to remove bad odour, soothe achy feet and soften rough skin.

**Hair volumizer** - Combine equal parts deep conditioner and Epsom salt and warm in a pan. Work the warm mixture through your hair and leave on for 20 minutes. Rinse thoroughly.

### *Healthy Home:*

**Clean bathroom tiles** - Mix equal parts Epsom salt and liquid dish detergent and use as a scrub on bathroom tile.

**Clean detergent build-up on washing machines** - Fill the machine tub with hot water, add Epsom salt, and run an agitate/soak/agitate cycle to dissolve detergent build-up (please consult your machine's instruction manual for specific instructions).

### *Healthy Plants:*

**Prevent slugs** - Sprinkle Epsom salt on or near interior entry points to prevent slugs.

**Fertilize your houseplants** - Most plants need nutrients like Magnesium and sulphur to stay in good health and Epsom salt makes the primary nutrients in most plant foods (nitrogen, phosphorus, potassium) more effective. Sprinkle Epsom salt once weekly to help nourish your houseplants, flowers and vegetables.

**Keep your lawn green** - Magnesium Sulfate crystals, when added to the soil, provide vital nutrients that help prevent yellowing leaves and the loss of green colour (Magnesium is an essential element in the chlorophyll molecule) in plants. Add 2 tablespoons of Epsom salt to a ~4 litres of water and sprinkle on your lawn to keep the grass healthy and green.

**Insecticide spray** - Use Epsom salts on your lawn and in your garden to safely and naturally get rid of plant pests.