

Why Do You Need Epsom Salt Bath?

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Nothing is more relaxing than a warm bath soaks except perhaps a relaxing epsom salt baths that also helps cleanse the body. Seriously — epsom salt baths will help remove toxins from the body and they also tend to make you tired so I suggest doing them before bed!



We're big fans of the bathtub here at Dr Teal's! While taking a shower can be energising and convenient, a relaxing and detoxifying Epsom Salt bath is high on our list of favourite things to do.

We've all got our favourite bath time treats, whether you like bubbles and foam, oils or bath salts. We especially like bubbles if they come in a fluted glass!

However, although many of these bath products are doing wonders for your skin and senses, there are some products that are especially beneficial for your body and mind too.

Epsom Salt is one such wonder. It contains important minerals that our bodies need for many vital functions, without which we can end up with a host of health issues. These minerals, magnesium and sulphate, are naturally occurring in Epsom Salt and can be absorbed through our skin to replenish our stores.

Most people do not get enough of these essential minerals in their diet, so taking an Epsom Salt bath twice a week is a fantastic way of getting them without taking supplements. In fact magnesium is not easily absorbed through the digestive tract, so soaking in the bath can be a

more effective way of boosting your magnesium sulphate levels.

Not only that, while you're relaxing in your Epsom Salt bath those amazing minerals are busy at work helping you in other ways too....

6 BENEFITS OF AN EPSOM SALT BATH

Here at Dr Teal's we recommend that you take an Epsom Salt bath twice a week using two scoops of Epsom Salt Soaking Solution, and relax in the bath for at least 20 minutes to get the maximum benefit.

What are those benefits? Here our top six.

#1: REVITALISE TIRED ACHY MUSCLES

Many athletes have known about the benefits of Epsom Salt for years, using bath soaks to revive sore muscles after exercise as magnesium allows the body to produce more Insulin-like Growth Factor (IGF-1), which is a major contributor to the growth and strength of muscles. Furthermore, adenosine triphosphate (ATP) is the cell's energy store and is created with help from magnesium. If it's good enough for top athletes, it's good enough for us.

#2: DETOXIFIES YOUR BODY

After exercise, toxins can not only build up in our muscles causing cramp and pain, they also affect other cells and how efficiently our body works. The sulphate in Epsom Salt helps to flush away these toxins and improves how we absorb nutrients like protein. It also helps us to get maximum benefit from essential compounds such as oxygen and calcium, all needed for good health.

#3: STRESS RELIEF

If relaxing in a warm bath is not enough for stress relief, adding Epsom Salt will really help you to de-stress. Magnesium is a stress reliever so by replenishing our stocks of this essential mineral we can benefit from stress relief inside and out. Magnesium helps our body to regulate hormones, especially cortisol the stress hormone. By getting this under control we become much calmer and happier people!

#4: SPEEDS UP HEALING

The Epsom farmer who discovered the magical properties of Epsom Salt in the 1600s, first noticed how applying the local water (full of naturally occurring Epsom Salt) to scratches and rashes made them heal more quickly. Since then, Epsom Salt has been used to treat many minor injuries and skin conditions from cuts, grazes and burns, to sun burn, eczema and psoriasis.

#5: HEALTHY, GLOWING SKIN

The soothing and exfoliating properties of Epsom Salt are fantastic for your skin. Helping to remove dead skin, soothing and hydrating dry skin and giving you a glowing, healthy looking complexion. The added bonus is that not only does Epsom Salt help your skin look and feel better, it can also improve the health of your skin too. By helping to balance your hormone levels – which we all know can play havoc with our skin – and improving cellular processes, we get healthier skin.

#6: HELPS YOU TO SLEEP BETTER

If you want to get a better night sleep, a soak in a bath enriched with Epsom Salt is a great way to do it. Its relaxing, de-stressing properties will calm your mind and help you prepare for sleep, while its soothing properties will ease muscle aches and pain and soothe your skin. All helping you get a better night's sleep.

Epsom Salt can be used in a variety of ways but we think that a bath is the best way to really enjoy the benefits and give yourself a sensory treat. Taking just 20 minutes out of your day to run a bath and soak up the amazing properties of Epsom Salt, is really not that difficult. [See details](#)



If you struggle with toxins or skin issues these natural recipes are a simple, easy, and inexpensive way to boost health! I'm always up for a warm bath, and these natural add-ons help improve health while you relax!

You pulled a muscle lifting weights at the gym. Or maybe your arthritis is acting up. Is there anything you can do, besides wait it out?

Your grandma could have the answer. Epsom salt has been used for hundreds of years to ease all kinds of aches and pains. A simple soak in the tub may help you feel better.

What Is It?

Despite the name, Epsom salt isn't like the stuff you put on your fries. It's called a salt because of its chemical structure. The "Epsom" part is a place in England where it's found in natural springs.

You can find it in most drugstores, usually around the aspirin and laxatives. Many grocery and natural food stores also carry it. A large box costs just a few dollars.

It's not the same as Dead Sea salts, a blend of minerals found only in the Dead Sea in the Middle East. The water and light there supposedly help skin diseases, arthritis, and other health problems. [See details](#)

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