



Time Out

Support mental wellness with an idea for pedi footbaths & a host of practical tips for salon teams & business setups

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Why Epsom Salts are a must-have for great health & wellbeing

By Margarita Alcantara

Epsom Salt baths have been used for centuries for detoxification and relaxation purposes. However, they are much more powerful than the occasional soothing soak. There comes a time when we need to replenish ourselves on physical, mental, emotional and spiritual levels, and Epsom Salt baths are part of my secret regimen to address all of that.

Benefits of Epsom Salt baths:

1. They relax muscles and so are great for sore bodies or after a workout. They are great for those suffering with cramps.
2. They replenish levels of magnesium in the body. Epsom Salt = magnesium sulfate. Simply soaking in this bath is an easy way to absorb magnesium into the body. Most of us don't realise that we're magnesium deficient. Not having enough magnesium can look like: cramped muscles, anxiety, hyperactivity, difficulty getting to (or staying) asleep. This is because magnesium assists with the transmission of nerve

impulses, detoxification, regulation of body temperature, production of energy and the formation of healthy bones and teeth. The skin, being the largest organ on the body, can absorb magnesium well during an Epsom Salt bath. The skin's absorbing ability is also a reason why magnesium sprays are great for spraying on sore body areas after a workout.

3. Epsom Salts detoxify the body and can halt the common cold in its early stages. Soaking for 20-30 minutes in an Epsom Salt bath detoxifies the body and draws out whatever pathogens and toxins are still on the surface level, before they get deeper and cause a greater problem.
4. They are calming and grounding. This is due to the magnesium content, the warm water and the yin-holding nature of water. Depending on how you do your soak, it can also be effective for insomnia. In our very 'yang' society of rushing, movement, loudness, upward and outward energy, it's a balancing thing to bring in the 'yin' of

an Epsom Salt bath – where you can be held, contained, supported and quiet in the 'yin' element of water.

5. Highly sensitive people (HSPs) tend to take in the energy of others. The problem is, when unaware of this, it becomes a part of us. If the person whose energy we've taken is toxic, that can cause problems, leaving HSPs feeling confused, scattered, exhausted, fatigued, irritable, and if they're empaths, the actual symptoms of the said toxic person. This is why I spread the word about clearing your personal energy, as well as the energy of your living space.
6. Epsom Salt baths are fantastic because they clear your aura. The aura is the energy field that emanates from your body, and there can be many layers to it. It will often radiate certain colour outlines, depending on the state of your chakra (energy centre) health, soul vibrations and reflections of surrounding energy fields.

There are many techniques you can use to clear your aura, but the most relaxing, and thorough by far, is the Epsom Salt bath. It clears you from head to toe, and you get to soak it in and feel the magic work. ☺

The recipe for a relaxing Epsom Salt bath

Ingredients:

- 1-3 cups of Epsom Salt (the denser the vibration you're carrying, the higher the number of cups)
- 1 cup baking soda (increases the detoxification effect, especially great for insomnia)
- 3-6 drops of essential oil blend
- Intention towards your goal (healing, releasing, detoxing, fortifying, nutritifying etc.)

Directions:

1. Create a healing space: light candles, incense and get music and/or a book lined up.
2. Mix the above ingredients together before pouring it into the warm bath.
3. Dissolve the mixture in the water as it fills the bath.
4. Rest in the tub for 20-30 minutes, with your head on a rolled towel now imagine the toxins leaving your body and going into the water.

Essential oil combos to use during Epsom Salt baths...

For cultivating self-love: Geranium, Neroli, Rose

For energy clearing: Frankincense, Sandalwood, Pine

For an oncoming cold: Eucalyptus radiata or Eucalyptus globulus, ravensara, palmarosa

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