

Epsom salt

This Epsom salt

is obtained from natural minerals from underground deposits located in northern Europe.

It is simply purified by physical process then it is recrystallized.

In addition to its use for relaxing baths, Epsom salt has many uses.

Epsom salt has been very well known since many centuries for providing muscles relaxation, detoxification, and vitality of the skin.



For body baths: add 3 to 4 handfuls of Epsom salt in the water of your bath, rinse with clear water.

To relax your feet: 2 handfuls in a basin of warm water.

Let them soak for 10 minutes, rinse.

You can personalize your Epsom salt with essential oils, vegetable oils, odorous powders.

Exfoliating stimulant for the body, after the shower every ten days, massage with rotating movements the skin still wet with Epsom salt until you no longer feel the grains of salt under the fingers. Rinse with clear water and dry. Apply a body lotion.

Is also suitable for plants, for sulfur and magnesium. Discover other uses on the web.

Find all formulas in the booklet "DIY, Make your own cleaning products".

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