

## WHAT YOU'LL NEED



A TUB OR CONTAINER  
OF WATER 90-105° F

ONE TO TWO CUPS OF EPSOM  
SALT

## INSTRUCTIONS

Add two cups of epsom salt to a warm standard size bath. To help accelerate the salt dissolving into the bath, add under running water, and stir to combine.

For an extremity soak in a bucket, at 1/2 to one cup to warm water.

Rest in the tub for 20 minutes, or more!

Our individual salt packets are two cups.

## PRECAUTIONS

Epsom salt can be consumed for other benefits. We recommend consulting the manufacturer's recommendations or consulting your physician.

For use with children under 5, consult your pediatrician. Extra caution should be used to ensure children do not drink the bath water.

## WHY AM I DOING THIS?!

Epsom salt is a combination of magnesium and sulfate. Magnesium supplementation can help to increase relaxation, reduce inflammation, and promote in muscle and nerve function. Sulfate in Epsom salt is believed to help with recovery and detoxification.

Studies have shown magnesium deficiency to be associated with muscle aches and cramps. It has also studied successfully for the treatment of burns and blisters.

There is some research to suggest that the body better absorbs magnesium through the skin versus the digestive track, but more studies are needed.

**Why we like it:** It's a low risk, passive recovery strategy with low cost. The bath helps promote relaxation and can expedite normalizing cortisol levels (which lead to even more muscle breakdown.)

**CONNECT WITH OUR TEAM FOR INDIVIDUALIZED ASSESSMENTS  
AND RECOMMENDATIONS.**