

# Epsom Salts

Epsom salts are often used to cleanse and exfoliate the skin, making it soft and invigorated. They also has been used by many to ease sore and stiff muscles.

## Supplies:

- 1 cup Epsom salts
- Water
- Towel or sheet (optional)
- Shower

## Directions:

Pour one cup of Epsom salts into a small bowl, adding just enough water to make a paste. This is a messy job, so after you undress stand over a towel or sheet, or simply stand in the shower instead (without the water running). Smooth a thin layer of the paste onto your skin over your entire body. If you have a partner who can help, that's great, but if not then cover as much of yourself as you can. Wait until the mixture has dried; it forms a white film. Then shower or, better yet, soak in a warm bath and let the salt help ease your sore and tired muscles, too! Do not use soap to wash off the salt, as you may clog your pores.

You will be amazed at how soft and smooth your skin will feel. I do this following a hydrogen peroxide bath.

## Caution:

Irritation will occur if you have any open wounds or have recently shaved.

## Other Uses:

To rid your hair of hairspray and other buildup, combine one gallon distilled water, one cup lemon juice, and one cup Epsom salts. Seal the mixture and let stand for 24 hours. Work the mixture into your dry hair and let sit for 20 minutes, then shower and shampoo hair as usual.

To add body, restore your hair's natural beauty, or add life to your hair, try this. Combine equal parts of conditioner and Epsom salts. Place in the microwave for 20 seconds. Work the mixture immediately through your dry hair. Let stand for 20 minutes, then shower and rinse off.

For a cleansing bath, just add 2 cups Epsom salts, sit back and enjoy.