

Epsom Bath Salts

A warm bath with Epsom salts is noted to help relax stiff, aching muscles and helps you unwind after a stressful day, so that you can enjoy a good night's sleep. Soak & Soothe Epsom salts are naturally occurring, magnesium sulphate.

Quantity: 2kg e
(8 Baths)

Type:
Bath Salt

Code:
CH004

Soak & Soothe Epsom salts are naturally occurring, magnesium sulphate.

Ingredients:

Magnesium sulphate crystals



Directions for use:

Bath: Dissolve 250g into a warm bath and relax in the water for twenty minutes.

For an intensive muscle soak, add 500g into the bath.

Foot bath: Add 150g to enough warm water to cover the feet and soak feet for twenty minutes.

Avoid using soap during your soak to maximise mineral absorption.

Once opened, reseal after every use and store in a dry place as salts can absorb moisture.

Cautions:

Do not use on broken skin and avoid contact with the eyes. If pregnant or suffering with a medical condition, consult your physician before use.

Keep out of the reach of children.

