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Epsom Bath Salts

A warm Epsom salt bath is the perfect way to unwind after a demanding day

2kg / 8 Baths

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.

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.

Best Before: See below.

Storage:

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

Product 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.

Always keep out of the reach of children.

Product Code: CH040

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BEST USED BEFORE END OF:

MADE IN THE UK



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