



A HEALTH CARE TIP FOR YOU

Epsom Salts Bath

Epsom salts bath is helpful any time you are suffering from stiff and achy muscles, reacting to an unusual level of exercise or a build up of stress-related tension.

It is also an excellent idea for the evening after you have had a massage because it helps clear out released lactic acid.

Epsom salts are readily available at your local pharmacy or health food store.

Use 2 - 4 cups in a full bath. The temperature should be as hot as is comfortable (moderate the temperature if you have any circulatory concerns).

Do not add any bathing solutions, oils or soap as these substances will alter the chemistry of the water.

To replace the fluid you lose as perspiration, keep a glass of cold water beside you and sip it during the bath.

If you like you may also wring a towel in cold water and wrap it around your neck. After soaking for 20 minutes, you may wash or rinse off as you wish.

As with any hot bath, make sure you get out of the tub slowly and carefully.

Caution:

If you are over 50 or have diagnosed heart trouble, high blood pressure, any circulatory problems, PREGNANT or if you have concerns about whether a hot bath will affect you adversely, please consult your health care professional before using the epsom salts bath.

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