



HOME THERAPY

EPSOM SALT BATH: DETOXIFICATION AND RELAXATION

This is a special purpose medicated bath. The blood needs the magnesium in the Epsom salts. It neutralizes the toxins, soothes the tired nerves, and makes you rest.

PROCEDURE:

- ♦ Mix one pound (2 cups) of Epsom salt crystals with the usual quantity of warm water in the bathtub. The best time to do this is just before bed.
- ♦ Scrub the skin well, using the fingernails, under all the “greasy, gummy stuff” is removed and it becomes “soft as velvet”.
- ♦ Start “scratching” at the feet, and always move in the direction towards the heart.
- ♦ Cover the whole body’s skin surface, especially the face and the neck.
- ♦ The whole bath time should be approximately 30 to 40 minutes.
- ♦ Do not use soap or shampoo with this bath.

INSTRUCTIONS:

- ♦ If you feel rather languid after the bath, it shows that the Epsom salt bath has done its work and should be used less often.
- ♦ In acute illness or fevers, this bath may be used once every twenty-four hours. With a detox program or in a patient with cancer, it should be taken as often as twice a week.
- ♦ NOTE: This bath should NEVER be used on areas where skin rashes are present (i.e. eczema, psoriasis) or where there is injured skin, as it may cause the broken skin to fester.

