

# The Loft - Registered Massage Therapy & Wellness

25 Milling Road  
Cambridge, Ontario, N3C 1C3  
www.carolynmurrayrmt.ca



## Self-Care Client Information Sheet

# Epsom Salts Bath

### What is an Epsom Salts Bath?

It is the use of Magnesium Sulphate (Epsom Salt) in a hot bath to promote increased circulation, detoxification, and elimination. Epsom Salt is a naturally occurring mineral, and is a proven remedy to treat muscle soreness/aches & pains and can also help reduce stress.

### Why take an Epsom Salt Bath?

It is recommended to take an Epsom Salt bath after a massage, especially for a first time client or when deeper tissue work has been incorporated into your treatment.

### What Are Some Benefits Of Magnesium Sulphate?

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|--|--|---|
| <input checked="" type="checkbox"/> Eases Stress                             | <input checked="" type="checkbox"/> Improves Oxygen Use                  | <input checked="" type="checkbox"/> Reduces Inflammation      |
| <input checked="" type="checkbox"/> Flushes Toxins                           | <input checked="" type="checkbox"/> Improves Concentration               | <input checked="" type="checkbox"/> Improves Quality of Sleep |
| <input checked="" type="checkbox"/> Prevent Artery Hardening and Blood Clots | <input checked="" type="checkbox"/> Prevents Or Eases Migraine Headaches | <input checked="" type="checkbox"/> Relieves Pain             |
| <input checked="" type="checkbox"/> Improves Absorption Of Nutrients         | <input checked="" type="checkbox"/> Regulates Activity of Body's Enzymes | <input checked="" type="checkbox"/> Relieves Muscle Cramps    |
| <input checked="" type="checkbox"/> Helps Muscles/Nerves Function Properly   | <input checked="" type="checkbox"/> Makes Insulin More Effective         |   |

### What You Will Need:

- Bathtub
- thermometer (if available)
- 2-4 cups of Epsom salts (depending on tub size)
- Ensure to have ample drinking water within reach to prevent dehydration while in the bath
- cool compress for forehead, back of neck, or chest as preferred
- A visible clock to monitor duration of bath

### Directions for Taking an Epsom Salts Bath:

- Gradually Dissolve the Salts To Prevent Clumping.
- Make Yourself Comfortable In The Bath With As Much Of Your Body Submerged As Possible. If You Have A Heart Condition And You Have Consulted Your Physician, You Can Modify Your Position To Semi-Seated With Water Below Heart Level.
- Throughout Your Bath, Be Sure To Make Small Body Movements with Your Hands or Feet as To Not Lay Motionless For a Prolonged Period of Time.
- Place the Cool Compress on Your Forehead, Back Of Neck, Or Upper Chest.
- Sip Your Drinking Water Regularly
- Remain In The Bath For 10-20 Minutes, Allow The Water To Drain Before Standing Up, Rinse With Cool Shower To Remove Excess Salt And To Restore The Ph Balance Of Your Skin.
- Minimum 30 Minutes Rest After Bath (Ideal Just Before Bed)

**Should You Experience Any Undesired Effects Such As Dizziness Or Nausea - Immediately Drain The Tub, Remain Seated And Drink Water Until The Feeling Subsides.**

**Consult your physician for any contraindications before taking an Epsom Salts bath.**

For more information please refer to the Epsom Salt Council.org