



New Hampshire
Natural Health Clinic

304 Riverway Place, Bedford, NH (Inside Bedford Commons) 603-623-6800

Magnesium Salt Bath

Epsom salts are made up of the mineral magnesium. Magnesium is a natural muscle-relaxing agent. Below are some of the conditions that a long hot bath with copious amounts of Epsom salts can help with:

- Muscle Pain
- Muscle spasm
- Constipation
- After a traumatic accident (e.g. motor vehicle accident or fall)
- Whip lash
- Post sport competition

Directions:

Draw yourself a hot bath, being careful not burn your self or make yourself uncomfortable. Add 4-8 cups of Epsom salts to the tub as it is filling. Stir the salts periodically to assist the salts to melt and mix thoroughly with the water. Stay in the tub for a minimum of 15 minutes.

304 Riverway Place Bedford, NH 03110 tel: 603-623-6800 fax: 603-483-5202

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