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Epsom Salt Bath

- Use 1 ½ cups of Epsom salts, run a hot bath, as hot as you can handle.
- Get into the tub, and then add the Epsom salts.

Please remain in the tub for 15-30 minutes. The cloudiness of the water is normal.

- To prevent lightheadedness, place a cool cloth around your neck and drink cold water while you are in the tub or afterwards.
- You may want to apply some lotion after your bath as the salt may dry out your skin.

Therapy Guidelines provided by Above & Beyond Massage Therapy Clinic.

Not responsible for any injuries that may occur from home care.