

70 Natural Home Remedies And Epsom Salt Uses For Health Crafts Beauty Detox

Health

- **Relieve stress and tension:** Epsom salt baths can help to relax the body and mind. The magnesium in Epsom salt helps to promote relaxation and sleep.
- **Soothe sore muscles:** Epsom salt baths can also help to soothe sore muscles. The magnesium in Epsom salt helps to reduce inflammation and pain.
- **Relieve headaches:** Epsom salt can be used to make a headache compress. Simply dissolve 1/2 cup of Epsom salt in 1 cup of warm water. Soak a washcloth in the solution and apply it to your forehead.
- **Ease constipation:** Epsom salt can be used as a natural laxative. Drinking a glass of water with 1/2 teaspoon of Epsom salt dissolved in it can help to relieve constipation.
- **Boost magnesium levels:** Magnesium is an essential mineral for the human body. Epsom salt baths can help to boost magnesium levels.

Crafts

- **Make bath bombs:** Epsom salt can be used to make bath bombs. Simply combine 1 cup of Epsom salt, 1/2 cup of baking soda, 1/4 cup of citric acid, and 1/4 cup of water. Add a few drops of essential oil for scent. Mold the mixture into balls and let them dry.

- **Make body scrub:** Epsom salt can be used to make body scrub. Simply combine 1 cup of Epsom salt, 1/2 cup of olive oil, and 1/4 cup of honey. Add a few drops of essential oil for scent. Massage the scrub into your skin in a circular motion. Rinse with warm water.
- **Make foot soak:** Epsom salt can be used to make foot soak. Simply dissolve 1/2 cup of Epsom salt in 1 gallon of warm water. Soak your feet in the solution for 20 minutes.
- **Make hair treatment:** Epsom salt can be used to make hair treatment. Simply dissolve 1/4 cup of Epsom salt in 1 cup of warm water. Pour the solution over your hair and let it sit for 20 minutes. Rinse with warm water.
- **Make homemade deodorant:** Epsom salt can be used to make homemade deodorant. Simply combine 1/4 cup of Epsom salt, 1/4 cup of baking soda, and 1/4 cup of cornstarch. Add a few drops of essential oil for scent. Apply the deodorant to your underarms.

Beauty

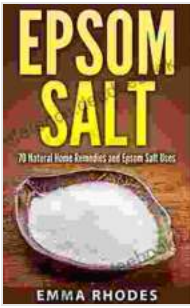
- **Exfoliate your skin:** Epsom salt can be used to exfoliate your skin. Simply mix 1/2 cup of Epsom salt with 1/4 cup of water. Massage the scrub into your skin in a circular motion. Rinse with warm water.
- **Soothe sunburn:** Epsom salt baths can help to soothe sunburn. The magnesium in Epsom salt helps to reduce inflammation and pain.
- **Treat acne:** Epsom salt can be used to treat acne. Simply mix 1/4 cup of Epsom salt with 1/4 cup of water. Apply the solution to your acne-prone skin. Leave it on for 20 minutes. Rinse with warm water.

- **Whiten teeth:** Epsom salt can be used to whiten teeth. Simply mix 1/4 cup of Epsom salt with 1/4 cup of water. Brush your teeth with the solution. Rinse with water.
- **Make a face mask:** Epsom salt can be used to make a face mask. Simply combine 1/4 cup of Epsom salt, 1/4 cup of honey, and 1/4 cup of yogurt. Apply the mask to your face. Leave it on for 20 minutes. Rinse with warm water.

Detox

- **Epsom salt baths:** Epsom salt baths can help to detoxify the body. The magnesium in Epsom salt helps to draw toxins out of the body.
- **Epsom salt foot soaks:** Epsom salt foot soaks can also help to detoxify the body. The magnesium in Epsom salt helps to draw toxins out of the feet.
- **Epsom salt enemas:** Epsom salt enemas can be used to detoxify the colon. The magnesium in Epsom salt helps to cleanse the colon and remove toxins.
- **Epsom salt supplements:** Epsom salt supplements can also be used to detoxify the body. Taking Epsom salt supplements can help to boost magnesium levels and draw toxins out of the body.
- **Epsom salt detox:** The Epsom salt detox is a popular way to detoxify the body. The detox involves drinking a glass of water with 1/2 teaspoon of Epsom salt dissolved in it each morning for 7 days.

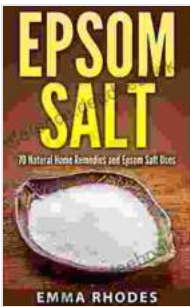
Epsom salt is a versatile natural remedy that can be used for a variety of purposes, including health, crafts, beauty, and detox. It is a safe and effective way to improve your health and well-being.



Epsom Salt: 70 Natural Home Remedies and Epsom Salt Uses (for Health, Crafts, Beauty, Detox, Gardening, Pain Relief, And More!) by Spring West

★★★★☆ 4 out of 5

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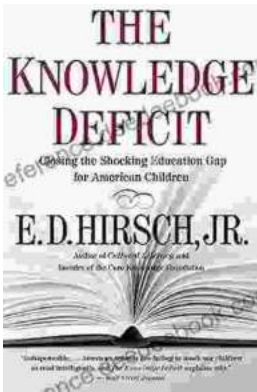
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