

“Epsom Salt”

EPSOM SALT USES: HEALTH

Athlete’s Foot - Soak feet in an Epsom salt bath to help relieve the symptoms of Athlete’s Foot.

Remove splinters - Soak affected skin area in an Epsom salt bath to draw out the splinter.

Treat toenail fungus - Soak your affected toes in hot water mixed with a handful of Epsom salt three times a day.

Soothe sprains and bruises - Add 2 cups Epsom salt to a warm bath and soak to reduce the pain and swelling of sprains and bruises.

Ease discomfort of Gout - Ease the discomfort of gout and reduce inflammation by adding 2-3 teaspoons of Epsom salts into a basin and immersing the affected foot/joint. The water should be as hot as it is comfortable. Soak for about 30 minutes.

EPSOM SALT USES: HOUSEHOLD

Clean bathroom tiles - Mix equal parts Epsom salt and liquid dish detergent and use as a scrub on bathroom tile.

Prevent slugs - Sprinkle Epsom salt on or near interior entry points to prevent slugs.

As a hand wash - Mix Epsom salt with baby oil and keep by the sink for an effective hand wash.