

Soak·ology

Why a salt bath?

The skin is the largest organ of the human body. It has the ability to absorb minerals and trace elements directly into the blood stream in as little as 5 minutes. For centuries people have taken salt baths to improve circulation, reduce inflammation, cure psoriasis and even lower blood pressure. These beneficial effects occur because sea salt contains other vital minerals and trace elements that your body needs.

Why Soak·ology bath salts?

Epsom Salt and Dead Sea Salt have been proven through numerous research studies to provide, in combination, the necessary minerals and trace elements your body needs. Our 100% natural, hand crafted blends use only the finest salts and purest oils from around the world. Many other bath salts providers use fillers and additives like baking soda, anti-caking powders, etc. These unnecessary ingredients make a cheaper product, not a healthy product. Some contain unsavory ingredients defined only as “INSOLUABLES”. Do you really want to try absorbing those through your skin?

Preparing your Bath:

Draw a bath of water between 99° – 104° F (37° - 40° C). This temperature range is critical. If the bath is any cooler, your pores will not open and effectively absorb the minerals and trace elements. If the bath is any hotter, your pores will sweat, preventing proper absorption, and this too will nullify the beneficial effects of the bath. Add 6 - 8 ounces (approximately ½ - ¾ cup) of Soak·ology bath salts to the water, allow the salts to dissolve completely and then soak in the bath for 15 – 20 minutes. Remaining in the bath for longer period of time will provide no additional benefits.

Soak • ology

Fun Bath Fact:

The average bath uses 26 gallons of water. Some bath salt's instructions tell you to use as little as 1-3 teaspoons or 1-2 tablespoons of salts per tub of water. What's the point in that? According to medical research a 2% solution is required to enjoy the therapeutic benefits of bath salts. If you were using typical bath salts, this would require 68 ounces of bath salts for the average bath. That's a lot of salt. Our premium bath salts contain 10 times the mineral content of normal bath salts. So, pamper yourself with 8 whole ounces of our premium bath salts and relax knowing you didn't need any more!

Ingredients:

Jasmine - *Epsom Salt¹, Dead Sea Salt², Jasmine Essential Oil*

Pikake - *Epsom Salt¹, Dead Sea Salt², Pikake Essential Oil*

Cypress - *Epsom Salt¹, Dead Sea Salt², Cypress Essential Oil*

Sandalwood - *Epsom Salt¹, Dead Sea Salt², Sandalwood Essential Oil*

Unscented - *Epsom Salt¹, Dead Sea Salt²*

¹ *Our Epsom Salt is pharmaceutical grade of the highest quality available on the market.*

² *Our Dead Sea Salt is certified optically clean. This means that all grains containing foreign deposits or discoloration smaller than a grain of sand are removed as inferior.*

