Epsom Salt Soaks

3 Nights in a row…then 2 - 3X each week…Enjoy!

Tub Soak

1. **Pour 2-3 handfuls of Epsom salts into bathtub** as it fills with very warm water up to chest level.

   A mild sweat is good. Pores expand allowing "magnesium" absorption into your surface muscle tissue…

2. **Soak for 15 to 20 mins** while drinking a large amount of cool water

3. After drying, follow with **10 to 15 minutes in the Rest Position**

Caution! Don't attempt tub soak if you risk straining or injuring yourself . Use "foot soak"

Foot Soak

1. **Pour 1-2 cups of Epsom salts into a washbasin** with very warm water to ankle or calf level.

2. **Soak 15 to 20 mins** while drinking cool water with fresh lemon ...(NO WINE or BEER)

3. After drying off, you can follow up with **10 to 15 minutes in the Positive Rest Position**.

The Positive Rest Position provides gentle traction to your lower back while resting the muscles of the neck and upper back. Practice deep, slow abdominal breathing …(Your abdomen rises with inhalation) ...

Relaxing Yoga Asana ~ Shivasana ~ Enhances physical self-awareness with many Health Benefits.

The Positive Rest Position, pre/post Epsom salt tub or foot soaks improves circulation, relaxes tight overworked muscles and you will experience deeper more refreshing sleep.

Caution! Be sure your lower back is flat & neck/chin are relaxed (use a small pillow) hands at your side. Discontinue If you experience pain in this position and consult your health care provider.

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