



# Epsom Salt Class

# Epsom Salt



- Epsom salt, or other wise known as epsomite or magnesium sulfate, is a naturally occurring mineral that is made up of magnesium, oxygen, and sulfur. It's scientific formula is  $\text{MgSO}_4 \cdot 7\text{H}_2\text{O}$ . The name Epsom salt was taken from a bitter saline spring in Epsom in Surrey, England. There the North Downs, a ridge of chalk hills, meets non-porous London clay. The actual salt is produced when the two meet and cause springs to arise. Did you know that Epsom salts can be used in marine aquariums to maintain the magnesium concentration? The coral in these tanks slowly deplete during their calcification process and the magnesium in the Epsom salt helps to prevent this process.
- It is usually made through natural sources, however it can also be prepared by neutralizing sulfuric acid with oxide or magnesium carbonate.
- Epsom salt can be used in many different products and industries. It can be used for gardening, cleaning products, bath and body products, cosmetics, medicinal purposes, hair care and skin care. Did you know that magnesium sulfate can be used in the producing of beer? It helps to promote a desired flavor profile by enhancing enzyme action and adjusting the ion content of the brewing water.

# Epsom Salt Uses in Industries



## Cleaning Products

- There are quite a few benefits to using Epsom salt as a cleaning product. When cleaning bathroom tiles, a mixture of Epsom salt and some liquid dish detergent works as a scrub to get them clean. When detergent build up happens in washing machines, filling the machine with hot water and Epsom salt works to break up the detergent after being run through a cycle. Another benefit to Epsom salt is that it prevents slugs when it is sprinkled near entry places. Burned food can also be removed from pots and pans when they are scrubbed with Epsom salt.

## Gardening

- Gardens have many benefits from using Epsom salt as well. Not only does it keep slugs away from the house, it does the same for the garden when sprinkled around.
- It helps make the grass greener by adding iron and magnesium to the soil.
- If there a raccoon problem in the garden, Epsom salt can help get rid of them too. Raccoons supposedly hate the smell of it, so by sprinkling it around the garden, it will keep them away.
- When mixed with water and sprayed on the plants in the garden, Epsom salt helps to increase the size of tomato and pepper plants and also it will also increase flower size.
- It can also be used as an insecticide for gardens and lawns.
- Magnesium sulfate crystals provide vital nutrients to grass and leaves. It helps the green color to last longer and keep the grass healthier.

# Uses in Industries



## Bath and Body Products

- Epsom salt can be used in many different products and industries. It can be used for medicinal purposes, skin care, hair care, bath and body products, cosmetics, gardening and cleaning products. It is used as a bath salt to help relieve stress and help to soothe sore muscles.
- There are many bath bomb and bath fizzies recipes that can be made with Epsom salt.
- Many skin care benefits come from the usage of Epsom salt. It is great for exfoliating the skin, preventing wrinkles, and smoothing out rough patches. It also treats sun burn and helps to get rid of acne. Also, by rubbing it on your skin after taking a shower, it helps to make your skin smooth and silky and also takes away dead skin cells.
- Feet ailments can be treated using Epsom salt as well. Soaking your feet in hot water mixed with Epsom salt helps to take away foot odor and foot fungus. It can also help to relieve the problems caused by athlete's foot and also treats gout.
- Epsom salt has many anti-inflammatory properties. Athletes can use it in ice baths after work outs to help with inflammation problems.
- Facial pores can be treated with Epsom salt as well. It has many exfoliating properties which work hard to give the pores a nice deep clean.
- For hair care, adding Epsom salt to conditioners gives the hair extra volume. It also helps to remove excess oils from the hair. You can also make a mixture of water, Epsom salt and lemon juice that when used on the hair before showering, it will help to make hairspray easier to remove.
- Dry and chapped lips can also be treated using Epsom salt. It will help the lips to look fuller and healthier and also removes dead and dry skin cells.

# Uses in Industries Cont.



## Medicinal

- Many medicinal benefits come from using Epsom salt. It can be used to treat insect bites and stings, the rash caused by poison ivy, migraines and headaches, asthma and asthma attacks, the common cold, stress, muscle pain and cramps, relieving constipation, and soothing bruises and sprains.
- Epsom salt is rich in sulfates. Sulfates help to form joint proteins, brain tissue, and the proteins lining the walls of the digestive tract. They also are used to detoxify the body and help to create digestive enzymes by stimulating the pancreas.
- Epsom salt is also rich in magnesium. Magnesium helps to regulate many enzymes, eliminate toxins from the body, and helps to control energy production, muscles and electrical impulses.
- Magnesium also increases the levels of serotonin in the body. Serotonin helps to relax the body and elevate moods.
- Proper calcium levels in the blood are maintained when the body has enough magnesium as well.
- The severity of diabetes can be reduced by using Epsom salt which improves the body's ability to use insulin.
- The heart also benefits greatly from the use of Epsom salt. It reduces irregular heartbeats, improves circulation, lowers blood pressure, reduces blood clots and prevents arteries from hardening.
- Electrolytes are also regulated with Epsom salt. The regulation of electrolytes helps to improve nerve function.
- Epsom salt also improves the body's ability to absorb nutrients, improves oxygen use, and also improves the forming of brain tissue and joint and mucin proteins.

# Uses in Industries Cont.



## Medicinal Cont.

- Epsom salt has been used to help effectively remove or draw out splinters from the body.
- For pregnant women, Epsom salt baths can help with edema, swelling of the legs, hands, feet, wrists, and ankles. It is also administered sometimes as a treatment for preterm labor and pre-eclampsia. For women who are at risk of delivering early, Epsom salt can possibly help to decrease the risk of the baby having cerebral palsy.
- Celebrity trainer for celebs like Amanda Seyfried, Dalton Wong, recommends celebrities to take Epsom salt baths to help them lose weight faster and look slimmer.
- The eyes can also benefit from Epsom salt. A face wash of Epsom salt mixed with warm water will help heal conjunctivitis, cataracts, and sties.
- A mixture of Epsom salt, coffee grounds, eucalyptus oil, and sesame oil can be used as a shower solution. When applied to the body right before showering, it helps to treat the body like sunscreen. Since sunscreen can sometimes be hard to apply after sun burns and dead and dry skin from tans build up, this solution will work like the sunscreen.
- Epsom salt also can help to achieve a good nights sleep since it relaxes muscles and soothes the skin.

# Other Uses



- Car batteries can have some life brought back into them using Epsom salt that is mixed with water. It will make a paste that can be added to the battery to help regenerate it.
- Looking to frost your windows for Christmas? A mixture of Epsom salt, boiling water and liquid dish detergent will do just that!
- Epsom salt can even be used as a coagulant for tofu!
- Nature's Garden sells [Epsom salt](#) for external use only. We do not sell it as a food item. The information above talks about how great Epsom salt is for many industries, however we only sell it for external use. We provide this data for educational purposes only. Nothing in this article is to be construed as medical advice. Please consult your doctor before using this product or any of this information for treatment purposes.
- Are you ready to try out this awesome product? Wondering where you can find some great recipes to start? How about trying out our [Refreshing Foot Soak](#) recipe or our [Monster Bath Cookies](#) recipe? Don't worry, we have many more as well! We have a [Green Apple Candy Bath Bomb](#) recipe, a [Lavender Fizzy Bath](#) recipe and even a [Snake In The Grass Bath Fizzy](#) recipe that the kiddos are sure to love!