



The Benefits of Bath Salts

Bath salts carry many benefits beyond looking beautiful and smelling great – the benefits of bath salts are far-reaching, and after using bath salts you'll feel the difference in your skin, your mood, and more.

Bath salts benefit your skin in more ways than one. Bath salts, when used in their natural, pure form, contain many beneficial minerals and nutrients that keep your skin smooth, soft, and supple. Some of the minerals found in bath salts include magnesium, potassium, calcium, bromide, and of course, sodium. These minerals are easily absorbed into our pores and are known to cleanse and purify our skin on a molecular level, improving your skin's radiance, tone, and texture. Magnesium helps us fight stress

and combat fatigue; calcium keeps water retention in check, promotes healthy bones and can help stave off osteoporosis; potassium balances moisture levels in the skin; bromide soothes tired, sore muscles; sodium plays a significant role in managing the balance of lymphatic fluid in our bodies. The result? Bath salts benefit not only our skin, but our entire bodies – from the inside out

Another benefit of bath salts is that they help detoxify our skin. Warm water opens our pores, allowing the minerals in your bath salts to deeply cleanse our skin. Bathing in a solution of warm water and bath salts will work to draw out impurities, pollution, oil and dirt from the skin.

Bath salts can even bring you the added benefit of looking younger – regular use of bath salts and bathing has been shown to decrease the appearance of fine lines by plumping the skin and balancing moisture. The benefits of bath salts extend well beyond your time in the tub – after your bath, you will feel calm, relaxed, and happy. Bath salts infused with essential oils such as lavender or chamomile will soothe you and prepare you for a good night's sleep; if you take your bath first thing in the morning, bath salts infused with citrus or green tea essential oils will perk you up, so you can start the day with focus and energy.

The best part: you can enjoy the benefits of bath salts without any side effects. In addition, bath salts are safe for everyone, easy to use, and very affordable. What are you waiting for? The many benefits of bath salts await you! Bath salts are available in different sizes, colors, and textures

You may want to avoid using bath salts if you have open sores on your skin. They can cause irritation. Avoid shaving in the shower when you are also using bath salts.

People from every age group can benefit from bath salts, **but you may want to avoid it if you are prone to allergies**. It is also possible to find specific bath salts that may feel better even if you have allergies. Consult with your physician if you are pregnant and want to use bath salts.

Make sure to store bath salts in a cool and dry place.

How to Use Bath Salts

Fill the tub about halfway and pour a handful of bath salts into it. Hold your hand under the faucet to let the salts fall into the tub. Be sure to stir the bath salts into the water and circulate them well, so the fragrances are released into the steam.

You may also use bath salts for exfoliation. If you would like to use bath salts for exfoliation, take a small handful of fine-grain bath salts and add a tiny bit of water. Work the mixture into a paste and smooth it over your skin to make it look smooth and fresh.

Do not extend your bath. Although an extended bath may help with muscle soreness, it may leave your skin dry.