

---

# MAGNESIUM BATH SOAK

---



Bath Soak helps to provide you with more energy, more relax muscles, better sleep, improved mental function, less headaches, better arterial health and better hormone balance.

Bath Soak can be made from two types of magnesium, either magnesium chloride or Sulphate. This Magnesium Bath Soak provides you with a convenient and quick way to get your daily dose of magnesium. The magnesium rich water, from the bath, absorbs quickly through your skin to permeate all cells in your body.

The combination of magnesium sulphate and chloride can help to regulate the activity of more than 325 enzymes which perform a vital role in many bodily functions, from muscle control and electrical impulses to energy production and elimination of harmful toxins.







---

## DIRECTIONS FOR USE

---

Enjoy the benefits of this healing Magnesium Bath Soak in the convenience of your bathroom. Add one cup of Magnesium Bath Soak to a bathtub of water that is a comfortable temperature. If the water is too hot, your body will excrete minerals instead of absorbing them. Soak in the bathtub for at least 20 minutes. Because our Soak is completely natural and gentle, you can use it daily.

- 1 Cup of Magnesium sulphate or Chloride
- Warm water
- Essential oils if desired
- Soak 20 minutes