



"Home Remedies, Part Five: Epsom Salt Soaks"

"There must be quite a few things that a hot bath won't cure, but I don't know many of them." ~Sylvia Plath, *The Bell Jar*

This is from the ninth installment in a continuing series that aims to answer some frequently asked massage related questions.

Q: I really need a massage, but my budget and / or schedule prevent me from doing so right now. Are there some "home remedies" for muscular aches & pains that I can try until I am able to see my Massage Therapist?

A: We understand that sometimes it's not possible to see your Massage Therapist as soon as you'd like. Whether because of budgetary constraints, a hectic schedule, or a busy travel itinerary, there are times when you have to put off having a professional massage. As professional Massage Therapists, it's no surprise that we believe that there is no real substitute for a professional therapeutic massage.

However, we also believe in empowering our clients by providing them with a variety of tools & tricks to help them relieve their own pain in between their massage sessions.

Here is one of our favorite quick, affordable, and effective "coping mechanisms..."

Epsom Salt Soaks: Epsom salt is the common name for magnesium sulfate. Magnesium sulfate (or magnesium sulphate) is a chemical compound containing magnesium, sulfur and oxygen.

Soaking sore muscles in an Epsom salt-infused bath aids in mineral replenishment from the outside in. Epsom salts are rich in magnesium, and providing muscles with sufficient amounts of this electrolyte helps facilitate the chemical process that is necessary for proper muscle contraction and relaxation (as well as nerve conduction).

Epsom salts are inexpensive and readily available at virtually any drug store.

Here's a link to a 2004 study titled "Report on Absorption of magnesium sulfate (Epsom salts) across the skin," by Dr. R.H. Waring, School of Biosciences, University of Birmingham:

<http://tinyurl.com/hy26h>

Her conclusion was that "Bathing in Epsom salts is a safe and easy way to increase sulfate and magnesium levels in the body."

Here's a link to what Wikipedia has to say about the applications of Epsom salt, including its various internal and external medical uses.

[http://en.wikipedia.org/wiki/Epsom\\_salt](http://en.wikipedia.org/wiki/Epsom_salt)

And here is another great article on Epsom salt baths:

<http://www.care2.com/greenliving/health-benefits-of-epsom-salt-baths.html>

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