SALT…FRIEND OR FOE?
A healthy addition to Therapeutic Bathing

SALT! It’s often called the “spice of life.” It’s been mentioned in fairy tales and biblical stories. It is an ingredient in countless recipes and home remedies. It can be used as a cleaning aid, to cure meats and for medicinal purposes.

There are many types of salt; Epsom, kosher, table, rock, sea salt, bath salts, etc. Of these, there are two methods of mining. Table salt or sodium chloride is usually mined from salt deposits found in the earth while sea salt and its derivatives are mined from salt water. Table salt, commonly used in every kitchen, frequently has iodine added. This was initiated in the early 1920s in response to a Midwest-focused epidemic of goiters (hyperthyroidism) that was caused by iodine deficiencies. Sea salt, often preferred by gourmet chefs, doesn’t contain iodine but does contain many minerals necessary to good overall health.

Hippocrates, the father of medicine, recognized the many benefits of bathing in salt water as did Chinese physicians as early as 2700 BC. Today, bath salts, derived from sea salt, often are enhanced by essential oils, fragrances and/or herbs. They provide a soft, soothing water in which to soak away your worries, soothe aching muscles and provide an aromatic respite from the stress of our daily lives.

Scientifically, salt works miracles – inside the body the magnesium content works as a conductor carrying necessary nutrients to muscles, tissues and organs and helps to hydrate your overall body.

Epson salt, which is commonly used in bath salts and for relieving swollen muscles and aching feet, contains an extremely high percentage of magnesium. This element helps to regulate the activity of more than 325 enzymes. It helps to orchestrate many bodily functions including muscle control and the elimination of many toxins. Nutritionists estimate that on average, Americans have a 50% lower magnesium level that just a century ago.

Those who do energy work, including myself, often recommend sea salt baths for clearing the aura and the etheric body. Epsom salts do a great job with aches and sprains. 16-24 ounces per bathtub is a good rule of thumb.

To further enhance the therapeutic effects of your salt bath, add essential oils. Essential oils are available at MWM&B. Be sure to pick pure essential oils, not fragrances or perfumes, which have no therapeutic qualities. After bathing in salt, be sure to rinse and then moisturize your skin.

Playing soft music, having a lit candle, sipping on some Enriched Water or Herbal Tea and reading a good book could complete the experience of a truly therapeutic bath.

For your health and well being inside and out, using quality salt products for eating and bathing can relieve stress, help to hydrate your body, exfoliate your skin, even eliminate toxins and improve energy levels. Salt can be a good friend.