



WELLNESS TIP FOR MAY

Epsom salts are a great source to recover from physical workouts, massages and fun Friday drinks! Epsom salts are composed of magnesium sulphate. When Epsom salts are dissolved in the hot water of a bath, the salt dissociates into magnesium ions and sulphate ions. The magnesium ions can be absorbed through the skin and brought into the circulatory system to help reduce inflammation and assist in tissue repair. Sulphate ions help to draw out toxins from the circulatory system. Adults should use 1-2 cups of Epsom salts/bath. Therapeutic Effects is happy to offer complimentary Epsom salts after every massage treatment so make sure to grab a bag after your next treatment with us!

Yours in health,

The Therapeutic Effects Team