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EPSOM SALT BATHS

Muscle Tension: Muscles, in the course of their work, use oxygen and nutrients and produce carbon dioxide and waste products. The principal waste product of muscle metabolism is called lactic acid. Lactic acid results in muscle tension.

Massage: Massage acts on the tight, achy muscles in several ways. It helps relax tension and spasm and promotes the release of lactic acid from the tissue. This relaxing action automatically enhances the function of the supplying blood vessels. In addition, massage actively increases the rate of blood flow to and from the area.

Epsom Salts: Because of the high magnesium content, Epsom salts promote the release of lactic acid from the muscle tissue. An Epsom salt bath can be helpful any time you are suffering from achiness and muscle strain. It is also an excellent idea for the evening after you have had a massage because it helps to clear out released lactic acid. Without this, there may be a temporary generalized soreness following the massage of a tight area.

Bath Instructions: Epsom salts are available at most pharmacies. Use 2 - 4 cups of Epsom salt in a full bath. The temperature should be as hot as you can tolerate it. Soak for a minimum of 20 minutes. Do not add oils or soap, as these will alter the chemistry. To replace the fluids you lose, sip on a glass of cold water during your bath.

Caution: If you are over 50 or have heart trouble or high blood pressure, you should moderate the water temperature and avoid submerging your body above heart level.