

Condition: Cold and Flue

Written by Administrator
Wednesday, 25 May 2011 05:58 -

Cold/Flu relief Bath Soak

Ingredients:

- 2 cups Epsom Salt
- 3 drops eucalyptus essential oil
- 3 drops rosemary essential oil

Instructions:

Combine ingredients and pour into the stream of warm water as your tub fills. Epsom salt contains magnesium, which has been shown to: Ease stress, Lower blood pressure, Create a happy, relaxed feeling, Raise energy levels, Help prevent or ease migraine headaches, Reduce inflammation to relieve pain and muscle cramps and so many more health benefits.