



CHUNG INSTITUTE
OF INTEGRATIVE MEDICINE

Epsom Salt Baths

Epsom salt is a bath salt that contains Magnesium Oxide. This is an important mineral that is used in muscle contraction and relaxation. Epsom salt baths are the fastest way for the body to uptake this mineral. Directions: Take an Epsom Salt bath about an hour before sleep. For a regular sized bath tub, put three cups of epsom salt into the bath with warm water (temperature preference is up to patient). Sit in the bath for 20-30 minutes.