



Himalayan Bath salts: The perfect gift

This time of year I try to think of amazing gifts for people that are healthy and restorative. The Himalayan Bath salts are a fantastic holiday idea for you and as a gift to others. Not all bath salts are the same quality. When shopping for bath salts you want to find those that are not bleached or chemically treated. The Himalayan salts are unique because they contain at least 84 trace minerals and elements. It is like bringing a beach vacation and the benefits of the sea to your body and mind. This salt with its high nutrient content affects the body in three distinct ways.

1. It reduces stress because of the high magnesium content. Magnesium relaxes the muscles and calms the system.
2. It improves overall health. The salt helps carry nutrients and minerals that are commonly deficient in our diet into the cells all via the skin.
3. It assists in detoxification. The warm salt water helps open pores, and allows toxins to be released.

The key minerals in Bath salts include Na (sodium), K (potassium), Zn (zinc), Mg (magnesium), B (boron), and Ca (calcium).

Na (sodium) is a powerful detoxifying agent. Sodium helps cells retain nourishment and expel waste. It also regulates water and hydration in the tissues.

K (potassium) is responsible for alkalinizing our cells. It also helps balance moisture in the skin and body, aiding in the reduction of water retention.

Zn (zinc) is the skin protector. It protects against sunburn and windburn. Internally zinc can boost the immune system.

Mg (magnesium) helps combat stress and relaxes muscles.

B (boron) is the body regulator. It is tied to how the body uses both calcium and magnesium. It is an important trace element that is needed for the conversion of vitamin D internally.

Ca (calcium) is the pore perfecter. Calcium strengthens bones and teeth, but it also helps cleanse the pores when used topically.

Consider these salts as a fantastic gift for you during this holiday season or for a special loved one.

HAPPY HOLIDAYS, BE SAFE AND STAY HEALTHY

Article title: Himalayan Bath salts: The perfect gift

Author:

Date:

Publisher: The Healing Gardens, Fort Collins, Co 80521

Pages: 1

Web source: