



# ZYAX EPSOM SALT

Zyax's Epsom salt, also known as magnesium sulphate, is a multi-purpose mineral compound that has a wide range of uses. It is a popular plant growth enhancer that provides essential nutrients to plants, making them stronger and healthier. When added to a warm bath or foot soak, it can help soothe sore muscles and reduce inflammation. It can also be mixed with your favourite body wash to gently exfoliate dead skin cells, leaving your skin feeling soft and smooth. Additionally, Epsom salt is known to aid in detoxification and promote overall health and well-being.



## USE FOR:



**Bath**



**Foot Soak**



**Gardening**



**Beauty**

## HOW TO USE:



### **Bath:**

Add two cups of Epsom salt to the water, stir it well and soak.



### **Foot Soak:**

Add half a cup of Epsom salt to the water, stir it well and soak for at least 15-20 minutes.



### **Gardening:**

Mix two tablespoons of Epsom salt in one gallon of water & use it for your plants every 4-6 weeks.



### **Beauty:**

Mix a small amount of Epsom salt with a facial cleanser or use it as a gentle scrub on your face.

