

Epsom Salt

50 DIY Recipes and Benefits to Improve Your Body, Mind and Home, and Natural Remedies



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Epsom Salt: 50 DIY Recipes and Benefits to Improve Your Body, Mind and Home, and Natural Remedies: Epsom Salt, Epsom Salt Book, Epsom Salt Uses, Epsom Salt Benefits, Epsom Salt Facts

By Brenda Bedarian

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Epsom Salt: 50 DIY Recipes and Benefits to Improve Your Body, Mind and Home, and Natural Remedies Epsom salt is a naturally occurring pure mineral compound of sulphate and magnesium, which are both readily available through the skin. They have a great deal of benefits, namely for household remedies to pain, foot infections, for beauty and gardening and home cleaning. A cup or two of it in a bath will help in the relief of pain, speeds up healing. The uses of Epsom salts are hundreds and they are easily available at any drug store. This eBook will provides you with the benefits of Epsom salts, how they can be used and 50 DIY recipes for relaxing yourself, improve your beauty, de-stress and the natural remedies to treat some common ailments.



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