



Post-Workout Remedy

epsom salt for pain, bruising, & inflammation

Epsom Salt, known for its soothing properties, can help reduce bruising, swelling, and inflammation by drawing out fluids and relaxing muscles. It's a natural remedy that can be used in a bath or as a compress.

Ingredients

- Epsom Salt
- Warm water
- A small bowl, basin, or bathtub
- A washcloth (for compress method)

How to Use

1. Soothing Bath:

- Fill a bathtub with warm water, then add the Epsom salt and stir until dissolved.
- Soak in the bath for 15–20 minutes to help ease muscle tension, reduce swelling, and alleviate pain from bruises.

2. Compress Method:

- Soak a clean washcloth or towel in the Epsom salt solution, then wring out the excess liquid.
- Apply the damp cloth directly to the bruised or swollen area for 10–15 minutes.
- Repeat this 2–3 times a day to help reduce inflammation and promote healing.

By using Epsom salt, you can help reduce bruising and swelling naturally, providing relief and supporting faster recovery.

Instructions

1. For a Soothing Bath:

- Add 1–2 cups of Epsom salt to a warm bath.
- Stir the water to dissolve the salt completely.

2. For a Compress:

- Mix 1–2 tablespoons of Epsom salt in 2 cups of warm water.
- Stir until the salt is dissolved.