BEAUTY

Winter Beauty

epsom salt

hair, skin, & nails care

Dry winter air can leave skin feeling rough, hair looking dull, and nails more prone to dryness and splitting. A simple at-home routine using moisturizing ingredients can help restore softness and hydration. Epsom salt can be included as a gentle exfoliating ingredient, while oils and honey help support the skin's moisture barrier.

Ingredients

- ½ cup Epsom salt
- 2 tablespoons coconut or olive oil
- 1 tablespoon honey
- 1 tablespoon finely ground oatmeal
- 1 tablespoon aloe vera gel
- 1 teaspoon jojoba or sweet almond oil

Instructions

1. Combine the Epsom salt and oatmeal in a small bowl.
2. Stir in the coconut or olive oil and honey to create a soft scrub.
3. Mix the aloe vera gel and jojoba or almond oil separately for a simple moisturizing treatment.
4. Use fresh and store any leftovers in a sealed container in the refrigerator for up to a few days.

How to Use

For Skin:

- Massage a small amount of the Epsom salt scrub gently onto damp hands, elbows, knees, and other dry areas. Rinse well and apply moisturizer afterward. Use 1–2 times per week.

For Hair & Scalp:

- Avoid rubbing Epsom salt directly into a dry or irritated scalp. Instead, mix a small amount of the moisturizing aloe/oil blend into your conditioner and apply to the lengths and ends of your hair. Rinse thoroughly.

For Nails & Cuticles:

- Massage a drop of jojoba or almond oil around each nail and cuticle daily. For an occasional hand soak, dissolve 1–2 tablespoons of Epsom salt in warm water and soak for 5–10 minutes, then moisturize.

Winter Tip: Keep showers and baths warm rather than very hot, and apply moisturizer while skin is still slightly damp to help lock in hydration.

Patch-test new ingredients first and stop using the treatment if irritation occurs. Epsom salt is primarily useful here as an exfoliant; it isn't proven to provide special nutritional benefits to hair or nails when applied topically.