HEALTH/WELLNESS

Combat Cold & Flu *epsom salt* bath remedy

A warm bath can be a comforting part of cold- or flu-season self-care, especially for easing muscle aches and helping you relax. While not a cure, it can significantly help you manage symptoms and find some comfort and relief as your body naturally fights off the virus. ***NOT MEDICAL ADVICE***

Ingredients

- 1 cup Epsom salt
- ½ cup baking soda
- ¼ cup finely ground colloidal oatmeal, optional, for soothing dry skin
- Warm—not hot—bath water
- Optional for adults: 2–3 drops of lavender essential oil, mixed first into a tablespoon of unscented liquid soap or a proper essential-oil dispersant

Instructions

1. Fill the bathtub with comfortably warm water.
2. Add the Epsom salt, baking soda, and colloidal oatmeal.
3. Stir the water until the ingredients are mostly dissolved or dispersed.
4. If using essential oil, dilute it properly before adding it to the bath.

How to Use

- Soak for 10–20 minutes, then gently pat skin dry.
- Drink water before or after the bath to stay hydrated.
- Rest afterward and keep the room comfortably warm.
- Use as an occasional comfort measure while recovering—not as a substitute for fluids, rest, appropriate medications, or medical care.

Additional Notes & Considerations:

- **Children:** Skip essential oils and keep the bath simple: warm water + a smaller amount of Epsom salt (about ½ cup for a full tub). Always supervise children around water.
- **Young children and babies:** Plain lukewarm water is the safest choice; ask a pediatrician before adding bath additives.
- **Adults:** The optional lavender addition may provide a relaxing scent, but it does not treat the infection. Avoid essential oils if they irritate your skin or trigger breathing problems.
- **Important:** Avoid very hot baths, particularly if you have a fever, feel weak, dizzy, or dehydrated. Seek medical care if home remedies do not improve symptoms.