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Our systems have detected unusual activity from your IP address (computer network). This page checks to see if it's really you sending the requests, and not a robot. Please check the box below to regain access to AZLyrics.com. skip to main content ASAP Rocky - "Bath Salt" News July 27, 2012 8:53 AM By Tom Breihan As an independent website, we rely on our measly advertising income to keep the lights on. Our ads are not too obtrusive, promise. Would you please disable adblock? YES, I'VE DISABLED IT. LET ME IN. NO, I HOPE YOU GO OUT OF BUSINESS. LET ME IN. Medically Reviewed by Carol DerSarkissian, MD on July 26, 2021 What Are They? How Do They Work? How to Take an Epsom Salts Bath You pulled a muscle lifting weights at the gym. Your skin won't stop itching. Or maybe your arthritis is acting up. Is there anything you can do, besides wait it out?Your grandma could have the answer. Epsom salts have been used for hundreds of years to ease all kinds of aches, pains, and skin troubles. A simple soak in the tub may help you feel better.Despite the name, Epsom salts aren't like the stuff you put on your fries. They're called salts because of their chemical structure. The "Epsom" part is a place in England where they're found in natural springs.You can find them in most drugstores, usually around the aspirin and laxatives. Many grocery and natural food stores also carry them. A large box costs just a few dollars.They're not the same as Dead Sea salts, a blend of minerals found only in the Dead Sea in the Middle East. The water and light there supposedly help with skin diseases, arthritis, and other health problems.Epsom salts are also different from fancy bath crystals. They may not be made from the same chemicals. Plus they often have oils, colors, and perfumes to relax you and soften your skin.In water, they break down into magnesium and sulfate. The theory is that when you soak in an Epsom salts bath, these get into your body through your skin. That hasn't been proven, but just soaking in warm water can help relax muscles and loosen stiff joints.People use Epsom salts baths as a home treatment for:Arthritis pain and swellingBruises and sprainsFibromyalgia, a condition that makes your muscles, ligaments, and tendons hurt, and causes tender points throughout your bodyIngrown toenailsInsomniaPsoriasis, a disease that causes red, itchy, scaly skinSore muscles after working outSoreness from diarrhea during chemotherapySunburn pain and rednessTired, swollen feetWhile there are plenty of folk remedy claims, there aren't a lot of studies to back them up. Taking this type of bath probably won't hurt you, but if you have health concerns, check with your doctor first.The water should be very warm -- not hot, but comfortable to the touch. Add the Epsom salts while the water is running to help them dissolve. For a standard-sized tub, use the amount suggested on the package, usually 1 to 2 cups, or the amount recommended by your doctor. Don't use Epsom salts in a hot tub, whirlpool, or other tub with jets unless the manufacturer says it's OK.Keep the part of your body that hurts in the water for at least 12 minutes. Just relax.Check with your doctor about how long and how often you should soak. You may need to do it just once for an ingrown toenail, or every day if you have arthritis pain. © 2021 WebMD, LLC. All rights reserved. View privacy policy and trust info Sorry! Something went wrong Is your network connection unstable or browser outdated?

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