



The Miraculous Epsom Salt: Over 50 DIY Recipes for Your Everyday Health, Weight Loss, Beauty, and Home Use (Epsom Salt & DIY Beauty Products)

Wendy Cole

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A lot of people have become so dependent on store bought products that would help make their lives a little bit easier – such as those that could help them clean up their homes and gardens; those that could make them feel and look younger and of course healthier. But what we all do not know is that a good majority of these products are chalk-full of chemicals and substances that could be harmful not just to us but also to the environment.

Now, if you are concerned about your health and your surroundings, the best thing to do is to look for friendlier alternatives that you can use or make at home. One all natural alternative that you can choose may surprise you – because this is no ordinary sea or mountain salt. It is, in fact, a great source of magnesium and a great disinfectant, anti-inflammatory and cleaner – it is called Epsom salt.

To cut the long story short, this book is dedicated to this product or ingredient and its uses.

Inside You Will Learn:

- Epsom salt recipes that readers can make to improve their health and overall wellness. The book also includes projects that readers can use to clean their homes, tend to their gardens and also those that could make them look younger and well rested.
- Best practices when using Epsom salt. These include additional tips found in most of the DIYs or recipes in this book.
- What Epsom salts are and what they can do for those who will be using them.
- Proper ways to use Epsom salt and how you can always ensure your safety.

Reading this book is not just to give you ideas on how to make use of Epsom salts. It will also encourage you to make and use products which are safe for humans, animals, and even plants. You will also feel empowered knowing that you can safeguard your home and your health in the most natural way.

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