



## Organic Magnesium Crystal Body Scrub

Organic Magnesium Bath Crystal Scrub can be used to treat a wide range of health problems such as tired and sore muscles, sleeplessness, stress, cellulite and mood problems. Containing key certified organic ingredients which include magnesium chloride and french green l'argille. It is a highly absorbable form of magnesium VS Epsom salts.

King of the Minerals. The form of magnesium that is used is magnesium chloride. This is a vital ingredient and has been scientifically shown to be easily assimilated and metabolized in the body vs other transdermal magnesium products such as magnesium sulphate, as found in Epsom salt. The reason for this is that magnesium sulphate is rapidly excreted through the kidneys and therefore the body will not retain the needed magnesium like you do with the magnesium chloride. Magnesium deficiency is the most common mineral deficiency, with 68% of people being deficient. It is used primarily to relax the muscles and reduce muscle cramps and spasms.

What is also noted in research is magnesium chloride to be successfully used transdermally to reduce menstrual cramps and hot flushes in menopausal women. In the treatment of hot flushes it has a cooling effect on the body and helps to replenish the electrolytes that have been lost during sweating.

Magnesium also assists in sleep and mood regulation. It has a calming effect on the body and is commonly known as 'Nature's Tranquilizer'. If you are stressed and anxious, it is a great way to help calm the mind and ease the tension physically, mentally and emotionally. For younger, softer and clearer skin. Firms and tones the whole body instantly.

**Directions:** Massage a small amount onto moist skin until absorbed, then rinse off.

**Foot Bath:** Use 2 tablespoons in warm water & soak for 15-20 mins.

**Body Bath:** Use 4 tablespoons, or more, in warm water & relax for 20 mins.

**Body Scrub:** Massage body whilst in the shower or bath. Leave for 1-2 mins then rinse off.

**For Face:** Cleanse, and then apply a small amount to the face, avoiding the eye area. Leave for 5 mins then rinse off. (Tingling and redness is normal).

**Ingredients:** Magnesium salt crystals; natural vitamin E; organic jojoba; niaouli; bergamot; organic lemon; organic cloves; ylang ylang; organic geranium; French green l'argille.



SIZE: 500g

### BENEFITS SUMMARY

- Breaks down body fat such as orange peel skin and reduce cellulite
- Easily and rapidly absorbed VS Epsom salts which are not
- Relieves Stress
- Reduces muscle fatigue and cramps
- Assist in having a better night sleep
- May assist in reducing menstrual pain and reducing hot flushes in menopause
- 5 most unique & powerful nutrients and organic minerals