



# Therapeutic Soaking Salts

*The Most Powerful Therapeutic Healing Salts from Around the World*

Himalayan Pink, Epsom, and Dead Sea Salts blended with Helios Analgesic Oils

## Re-Mineralize ~ Detoxify ~ Relax ~ Rejuvenate

### Informational Summary

**Ingredients:** Himalayan Pink, Dead Sea and Epsom combined with the Helios blend of essential oils of Peppermint, Nutmeg, Clove, Black Pepper, Lavender with Jojoba and Apricot oils as well as 5 Flower Essences.

#### 100% Natural Botanicals and Minerals

This unique balance of therapeutic grade salt is one of a kind – it is the only combination that actually has the three most powerful, healing salts found on this earth. Most bath salts “includes sea salts” of unspecified origins. Adding Helios essential oil blend provides powerful botanical analgesics for soothing relief of arthritis, sore muscles and nerves.

This blend has a total salt concentration that is 10 times higher than ocean water, reaching 33% versus 3%. The composition is magnesium, potassium and calcium chlorides with a high concentration of bromides. Soaking in this ultra-therapeutic blend will detoxify and re-mineralize the body; raise magnesium levels which will improve heart and circulatory health, reduce irregular heartbeats, prevent hardening of the arteries, reduce blood clots and lower blood pressure. It will improve nerve function by regulating electrolytes (calcium is the main conductor for electrical current in the body, and magnesium is necessary to maintain proper calcium levels in the blood); improve the body's ability to use insulin, reducing the incidence or severity of diabetes. It will relieve pain from sore muscles and arthritis. It will flush toxins and heavy metals from the cells, easing muscle pain and help the body eliminate harmful substances. It will relax and revitalize the whole body. And because of the low percentage of sodium, it is gentle and not irritating to the skin. It will condition the skin from dryness and is a medicinal treatment for dermatitis like psoriasis and eczema. These salts have been recommended by physicians for over 25 years.

Increasing your magnesium levels delivers sulfates, which are extremely difficult to get through food, but which readily absorb through the skin. Medical research indicates sulfates are needed for the formation of brain tissue, joint proteins and the mucin proteins that line the walls of the digestive tract. Sulfates also stimulate the pancreas to generate digestive enzymes and help to detoxify the body's residue of medicines and environmental contaminants.

**Himalayan Pink** – found in no other blend, is a pure salt found naturally, deep inside the pristine Himalayan Mountains. The high mineral content has a beneficial amount of 84 trace elements and iron. This 250 million year old Jurassic era sea salt is becoming well known for its healing properties.

**Epsom Salt** – first discovered in Epsom, England and is a compound of magnesium sulfate. It has a wide variety of therapeutic medical history and claims from flushing toxins to improving nerve conditions and relaxing muscles. Bathing infuses the body through the skin with necessary MgSO<sub>4</sub>.

**Dead Sea** – found in Israel and used in medical spas and baths around the world, also has over a 25 year therapeutic track record for healing skin conditions to detoxifying the body.

Spa - hydrotherapy, pedicure and manicure for therapeutic purposes.  
Home & Travel - bath, muscle soak and foot/hand soak for therapeutic purposes.  
Excellent as an exfoliating scrub and skin treatment.

Use 1/2 to 1cup/bath or 1-2Tbs/gallon for sink or basin

8oz (1cup) 16Tbs    16oz (2cups) 32Tbs    32oz (4cups) 64Tbs

5lb (10cups) 160Tbs    10lbs (20cups) 320Tbs    25lbs (50cups) 800Tbs

Soak for 15 - 20 minutes. To best detoxify and revitalize, use 2-3 times in one week, once /month.

For more information: [www.heliosforhealth.com](http://www.heliosforhealth.com) or call 1-800-916-3450

