



# BioEnergetic Mineral Soak

## What?

**BioEnergetic Mineral Soak** is a bath salt that combines the therapeutic powers of magnesium sulfate, Andean mineral salts, eucalyptus oil and cedarwood oil to help alleviate aches and pains and assist with overall well-being.

## Why?

The body requires minerals and trace minerals that are essential to ensure good health. One of those minerals, magnesium, is the second most abundant mineral in the body and plays a crucial role in hundreds of biological functions. Factors like stress and dietary deficiency tend to deplete magnesium and other minerals. When they are not replenished they may cause gross imbalances that affect overall health and well-being.

Studies have shown that one of the most effective ways to deliver magnesium to the body is through the skin, which is why the **BioEnergetic Mineral Soak** contains magnesium sulfate, the common ingredient found in Epsom Salt. This formula also contains mineral salts to enhance the therapeutic effect of the magnesium sulfate and draw it deeper into the body. These salts come from thermal pockets deep within the Andes Mountains, ensuring a rich source of minerals and trace minerals. These minerals help replenish lost nutrients that support the health of muscles, connective tissues and bones.

This soak also contains eucalyptus oil and cedarwood oil which are traditionally known to be anti-inflammatory and offer soothing and calming support to a stressed nervous system.

**BioEnergetic Mineral Soak** is a therapeutic bath salt that may be used in any situation to provide penetrating support to relieve muscle cramps, alleviate pain and assist with inflammation and overall health.

## How?

For a relaxing bath, pour 1/2 cup (as desired) under warm, running water and soak until your hearts content.

### Key Ingredients:

Magnesium Sulfate, Andean Mineral Salt, Eucalyptus radiata essential oil, Cedrus atlantica (cedarwood) essential oil.



This information is not meant to diagnose, treat or replace traditional treatment, and has not been approved by the FDA or HPB.