



15 Unknown Uses for Epsom Salt

by [valli](#), Jan 27, 2008

Magnesium, a major component of Epsom Salt, is vital for many bodily functions. Magnesium can be taken internally or you can get the same benefits from taking bath with Epsom salt. In addition to the health benefits there are other uses for Epsom salt.

1. Eliminates Toxins from the Body

Add two cups of [Epsom salt](#) to the water in a bath tub. Soak for 10 minutes at least weekly once. It relaxes your body and muscles, eliminates toxins from the body and reduces the swellings of sprains.

2. Exfoliates Skin

Sprinkle small amount of essential oil to Epsom salt and clean your skin. Or you can rub the Epsom salt directly on the skin to make it smooth and silky. Then rinse thoroughly.

3. Athlete's Foot

Soaking in Epsom salt helps you relieve from athlete's foot.

4. Cleans Bathroom Tiles

Take the mixture of equal parts of Epsom salt and liquid dish detergent and apply on the dirty places in bathroom.

5. As a First Aid

Mix a thick paste of Epsom salt with hot water and apply to get soothing comfort.

6. Hair Conditioner

Warm the mixture of equal amounts of conditioner and Epsom salt for 15 seconds. Apply this mixture through your hair from scalp to end; leave it for 15 minutes. Rinse with warm water; you can observe the natural glow in your hair.

7. Removes Foot Odor

Mix half-cup of Epsom salt in warm water and keep your feet for 10 minutes. This soothes achy feet, removes bad odor and softens the rough skin.

8. Keeps your Lawn Pleasant

Add 2 tablespoons of Epsom salt to a gallon of water and sprinkle this water on your lawn to keep the grass green.

9. As a Fertilizer for your Houseplants

Sprinkle Epsom salt weekly once to nourish your houseplants, flowers and vegetables.

10. Relieves from Constipation

Dissolve 2 to 3 teaspoons of Epsom salt into a cup of water and drink twice to get

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relief from constipation.

11. **Dislodge Blackheads**

Take half a cup of boiling water. Add a teaspoon of Epsom salt and 3 drops [iodine](#). Apply this mixture to the black heads with a cotton ball three times.

12. **Prevents Slugs**

Sprinkle some Epsom salt on the place where the slugs crawl to prevent their entry.

13. **As a Hand Wash**

Mix Epsom salt with baby oil and keep by the sink to clean your hands effectively.

14. **Regenerates Car Battery**

Dissolve an ounce of Epsom salt in warm water; add this mixture to each battery cell to give more life to your car battery.

15. **Treats Toenail Fungus**

Soak your affected toes in hot water mixed with a palm full of Epsom salt three times a day.

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#1 by **CHAN LEE PENG**, Jan 27, 2008

Good post valli! Take care!

#2 by **IcyCucky**, Jan 27, 2008

You're right, most of these uses are unknown to me. Great article..

#3 by **Judy Sheldon**, Jan 27, 2008

Good tips. Thank you, Valli

#4 by **valli**, Jan 27, 2008

Thank you, Lee, Icy, and Judy for the encouraging words.

#5 by **Alexa Gates**, Jan 27, 2008

Great tips!

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