

The Benefits of Aromatherapy Bath Salts

If you have aching muscles from a repetitive desk job, or a bad back and tired feet from standing all the time you know a shower just isn't enough to ease the aches and pains at the end of a working day.

Your foamy bubble bath won't give you much relief, so Aromatherapy Bath Salts may be the answer. You'd be surprised at how much more relaxed and healthy your body can feel.

Adding Salts improves circulation and reduces tenderness, it's great for sports injuries or muscle spasms as well as relief from traditional back and joint pains. The salts and essential oils work in combination. Your pores naturally open and purify as a reaction to the salts, cleansing more deeply and thoroughly. This allows for deeper essential oil penetration.

There are beauty benefits too as the salts help with healing dry skin and make your body feel softer and skin become more supple.

The aroma of the oils also has a considerable effect to induce calmness and promote rejuvenation and relaxation. Aromatherapy bath salts use potent oils which are effective to create a deeper more restful sleep in addition to their main focus of body and skincare. For easier sleep choose salts with Chamomile, Lavender and Sweet Orange essential oils.

The essential oil choice and combination is vital to get the result you want, tired muscles need oils such as Peppermint and Eucalyptus to soothe and combat fatigue. For joint pain Rosemary and Bergamot oils are ideal as they are soothing, uplifting and a gentle stimulus. Look for Lavender in your Aromatherapy Bath Salts for the relief of general tiredness, it's a balancing oil that restores body and mind.

With the help of natural [Aromatherapy bath salts](#) nature's own natural herbs and remedies can relieve your aches, tensions and stress. It's the perfectly relaxing way to end your day.

About the Author

Pure-Light Natural Aromatherapy, [Handmade Soap](#) and Scented Candles.

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