

massaged into damp skin to help remove dead skin cells and other surface impurities, leaving your skin sparkling clean.

Shopping Tips

When shopping for salt, you will find many different kinds, from common kitchen salt to the more exotic sea salts that come from all over the world. These range in color from bright white to pink and even black. You will also find salt in several different sizes or grains, from fine to large rocks. Depending on how you are using the salt, you can choose your grain size. Finer grains mix and dissolve very easily in recipes such as bath soaks; larger, coarse grains have more scrubbing power and are used for cleansing tough skin spots such as heels and elbows.

Here are a few at-home recipes featuring salt to get you started. Enjoy!

Janice Cox is the author of Natural Beauty at Home (Henry Holt, 2002) and lives in Medford, Oregon. To purchase her book, turn to Page 70 or visit herbcompanion.com/shopping.

Sore Muscle Soak

This is a soothing soak that is perfect after a day of strenuous physical activity—or when you just need to relax. Epsom salt (or magnesium sulfate) is a classic cure for sore muscles and can be found in the health-care or first-aid aisle of your local store. Salt is mildly astringent and helps increase blood flow. **MAKES 24 OUNCES**

1 cup salt
1 cup baking soda
1 cup Epsom salts

- 1 Mix all ingredients together and stir well.
- 2 To use: Fill your tub with warm water and pour 1 to 2 cups of the bath salts under the running water. Soak for 15 to 20 minutes.



Tint your bath salts with food coloring.

Daria Minaeva/Fotolia

Natural Beauty with Salt

Colored bath salts: Mix equal parts Epsom salts and kosher salt with a bit of natural food coloring for a bath salt that also makes a wonderful gift.

Dry shampoo: If you can't wash your hair with water and soap, salt makes an effective dry shampoo that you can massage into your scalp and comb out. Make sure to use a coarse grain of salt such as kosher salt, as fine salt will be hard to comb out.

Foot soak: For a deodorizing and softening foot soak, add 1 cup sea salt or kosher salt to a tub of water and soak your feet for 15 to 20 minutes. Scrub with a natural pumice stone to soften rough spots.

Emergency blemish treatment: Soak a cotton ball in warm salt water solution and press on top of a breakout or blemish for 3 minutes to help dissolve the top and disinfect the area. Dab a bit of honey on the spot and let sit for another 10 to 15 minutes, then rinse with warm water.

Try These

Sea Mist by John Masters Organics, \$16.50. johnmasters.com

Adzuki Bean & Sea Salt Body Scrub by Biggs & Featherbelle, \$10.99. biggsandfeather.com

Peppermint foot soak by Kokokahn, \$12.95. kokokahn.com

