



# IRCHEM co.

## Epsom salt

### Maximum Strength & Purity

For external use | as a soaking solution | as a warm compress

**Soothing & Detoxifying Improve sleep quality**

Soothes minor Aches | Soaking solution | Use in Gardening

\*statements have not been evaluated by the u.s. food and drug administration. this product is not intended to diagnose, treat, cure or prevent any disease.

[www.irchemineral.com](http://www.irchemineral.com)





Pure mineral

Bathing & Spa

Epsom salt is generally safe and easy to use.

## IRCHEM Company introduction

IRCHEM, who directs Magnesium sulfate and Bor technology and one of the members of Growth Center of Technology Units in Zanjan university, in the light of the general purpose and policies of the technology development department directorate, carries out mine analysis studies in its laboratories designed according to international standards.

IRCHEM, according to the laws and regulations in their laboratories, in order to develop technology and to follow developments, to increase knowledge, to be effective in international competition in science and technology, is conducting laboratory and pilot researches. IRCHEM within the R&D laboratories that possess modern standards and advanced technology, in the direction of continuous development principle, is working to improving the quality and quantity of its products in order to supply the customer demands all across the world.



## Ingredients

Epsom Salt is offered in pure form (without fragrance and essential oil) & Aromatic such as Lavender, Rose, Lemon, Orange, Mint and Eucalyptus



## Characteristics

$\text{MgSO}_4 \cdot 7\text{H}_2\text{O} \geq 99.9\%$

$\text{MgSO}_4 = 49\%$

$\text{MgO} = 16\%$

Magnesium (Mg) = 9.8%

Sulfur (S) = 12.9%

Magnesium oxide (MgO) = 16.2%

pH(5% Solution in water) = 5.0-7.5

100% Water soluble

Appearance: Translucent Crystals & powder



Element	Content	Unit
Ca	$\leq 0.07$	Wt %
Cu	$\leq 0.001$	Wt %
K	$\leq 0.001$	Wt %
Mn	$\leq 0.001$	Wt %
Na	$\leq 0.01$	Wt %
Fe	$\leq 5$	ppm
Al	$\leq 4$	ppm
As	$\leq 0.3$	ppm
B	$\leq 0.1$	ppm
Li	$\leq 0.5$	ppm
Zn	$\leq 0.5$	ppm
Ni	$\leq 0.1$	ppm

lacking toxic heavy metals such as:

Ba, Be, Bi, Cd, Co, Cr, Hg, Pb, Ga, Se, Sr, Te & Tl





## Beauty evolution With the best Bath

Epsom salt solution the best solution for individuals suffering acne-related problems.

### Epsom salt for blackheads and pimples and acne:

Acne is a skin condition marked by pimples, blackheads, and whiteheads. It occurs when oils, dirt, and dead skin cells clog hair follicles. Some people use Epsom salt to reduce the swelling and inflammation of acne.

the magnesium in Epsom salt is extremely beneficial for us and for our skin. Upping your magnesium intake may hence end up working miracles for your overall well-being, as well as for your acne-related complaints. As the magnesium in Epsom salt sits well with your system's enzymes, you may just find that your body will thank you by providing you with clearer skin. Last but not least, Epsom salt is an able fighter of inflammation, which is essentially what pimples represent. This is because your enzymes are what combats such kinds of irritation. As the magnesium in Epsom salt provides fuel for enzymes, it may just be the cure for acne that you are seeking. More than that, salt is a general benefactor for the state of your

Complexion, as it dries up your skin, thus depriving it of the hydration that germs need to thrive. By default, decreasing the amount of germs on your skin immediately decreases the likelihood that you will be breaking out any time soon. Additionally, the dehydration that salt promotes leads to less oil available for the formation of pimples. Furthermore, salt is an excellent exfoliator and can rid you of the bulks of cells that your complexion no longer needs. This leaves you with smooth, healthy, alive skin, which does not tolerate bacteria build-up.

### How to use ?

1. Dissolve 2 to 3 teaspoons of Epsom salt in 2 cups of warm water.
2. Wet a cotton ball or clean cloth with the solution and dab onto problem areas.

Whether you use Epsom salt as a spot, acne, blackheads, pimples treatment or as a soak, make sure to rinse off completely with warm water.

Rao, J. 2019, 11 November, Epsom Salt an Effective Acne Treatment? <https://www.facingacne.com/epsom-salt-cure/>  
Schwalfenberg G.K., Genuis S.J. The Importance of Magnesium in Clinical Healthcare. Scientifica (Cairo). 2017.  
Xu H., Li H. Acne, the Skin Microbiome, and Antibiotic Treatment. American Journal of Clinical Dermatology. 2019.





### Epsom Salt Therapeutic Bath

Studies have shown that magnesium and sulfate are both readily absorbed through the skin, making Epsom salt baths an easy and ideal way to enjoy the amazing health benefits. Magnesium plays a number of roles in the body including regulating the activity of over 325 enzymes, reducing inflammation, helping muscle and nerve function and helping to prevent artery hardening. Sulfates help improve the absorption of nutrients, flush toxins and help ease migraine headaches (a). One of the disadvantages of oral magnesium is diarrhea. By bathing in Epsom salt, a certain amount of magnesium is absorbed into the body, so it has no adverse effects on oral magnesium. Bathing allows the body to absorb as much magnesium as it needs in order to relax large muscle groups after a stressful day at the office or a long training run, without the side effects of orally ingested magnesium.

A detox bath is generally made of Epsom salt. The minerals in a detox bath are believed to help remove toxins from the body to improve your health, relieve stress, treat constipation, and assist with weight loss. Magnesium absorption is another important benefit of Epsom salt detox baths. This may be beneficial to those with a deficiency, such as people with fibromyalgia.

#### How to use Detox bath

Use 2 cups of Epsom salt for a standard-size bathtub filled with warm water. Pour the salt into running water to help it dissolve faster into the bath. Soak in the tub for at least 12 minutes, or 20 minutes to treat constipation.

(a) Henry, L., Robson, S. Working with you to achieve pain free living and bring balance to your life. <https://balancenaturalhealthclinic.ca/uploads/files/Epsom-Salt-Bath-Information.pdf>



### Relaxation Massage with Epsom Salt

A salt scrub treatment leaves your skin soft and glowing for several days. Your body will tingle during and after this treatment. Epsom salt benefits your skin by exfoliating and removing old skin cells, leaving you with hydrated, smooth, more lustrous skin. Applied at our spa, a basic Salt scrub treatment consists of Epsom Salt and essential oil that gently massaged over the body. A salt massage helps draw the toxins from the body and increases skin blood circulation, promoting the growth of new skin cells. According to the International Journal of Dermatology, the presence of magnesium sulfate in Epsom salt, stimulates the liver and adrenal glands to dump their toxins.

By detoxifying, you assist your immune system in fighting infections and illness. Epsom salt relieves stress by relaxing tight muscles and easing inflammation. This stress relaxation then spreads throughout your body and brings you to a better state of mind, allowing for clearer cognitive ability. Many people fail to give their feet the care they deserve. If you experience painful cracked heels in the wintertime, due to overdrying, you should consider the exfoliating power of Epsom salts. Pair an Epsom salt soak with foot scraping and extra moisturization for the full benefits.

### Epsom Salt Foot Soak

Fill a container, big enough to fit both your feet up to your ankles, with hot water to cover your feet and ½ cup of Epsom salt. Slip overtaxed feet into the Epsom salt soak and relax for 20-30 minutes.

Brown, A. 2019, 16 May. The Basics of a Salt Scrub Body Treatment. <https://www.tripsavvy.com/what-is-a-salt-scrub-3089806>.



One of the most well-known uses for Epsom salt is as a bath additive, providing a soothing release after a hard run, or after a deep massage.





## Using Epsom Salt For Muscle Recovery

Athletes are constantly on the search for the latest and greatest training and recovery supplements, however, one of the most effective has been around for hundreds of years. Epsom salt, also called Magnesium sulphate, when added to warm bath water, can help alleviate muscle pain even as intense as that found in fibromyalgia. It has also been shown to reduce swelling, relieve stress, improve circulation and improve mood. These minerals are absorbed effectively through the skin, providing almost instant relief from muscle aches and pains incurred on long training runs or other activities causing overexertion of large muscle groups.

### Female Athletes

Female athletes in particular can benefit from increased magnesium intake. Magnesium and serotonin deficiencies have been found to exacerbate PMS symptoms. Studies show that starting Epsom salt baths as early as two weeks before your period will lead to less pain and significantly fewer negative mood changes frequently associated with menses.

Bath salts can help with muscle aches by relaxing tense muscles and reducing inflammation. Eucalyptus and peppermint essential oils are known to have a beneficial effect on muscle soreness and recovery after a long, hard workout.

### To make bath salts for muscle pain

Use 2 cups of Epsom salt for a standard-size bathtub of warm water. Pour the Epsom salt into the running water to help it dissolve faster. Stirring the water with your hand will help dissolve any remaining grains. Soak for at least 12 minutes.

\* also Epsom biphasic spray IRCHEM co. is a good supplement to relieve muscle and joint pain.



Lamb, K. 2011, 20 November. Epsom Salt Baths: Muscle Recovery and Beyond. <https://puravidanaturalmedicine.com/2011/11/Epsom-salt-baths-muscle-recovery-and-beyond-2/>



# Bath Bomb

Other health products from IRCHEM co. are bath bombs based on Epsom salt. These bath bombs come in various sizes, fragrances and essential oils.

fizzy bath bombs IRCHEM co. are suitable for baths, pedicures and manicures . give your poor body just what it needs after a hard and stressful day. Transform your bath into a spa-quality soak by dropping one of these organic bath bombs into your tub. Each pack includes 6 different aromatherapy bombs like "muscle relief" and "bedtime ritual", so you can sooth yourself in a variety of ways. . Each bath bomb releases skin-soothing oils that contain a pleasant scent and won't ever leave your skin feeling greasy or oily. The organic essential oils and cannabis oil combine to provide a soothing experience ideal for relieving sore muscles and aching bones. Bath bombs are contain skin-loving healing properties, aromatherapy benefits, and create your spa experience.

