



Did you know that a magnesium deficiency can cause migraines? Thankfully, you can make a DIY magnesium oil that can ease migraines, improve sleep quality, relieve muscle pain from exercise and even help relieve stress.

Magnesium oil is magnesium that's dissolved into a liquid form. You can apply magnesium oil topically, so it's absorbed through your pores, which has been proven "to have a better absorption rate than taking magnesium orally."

### **Recipe for DIY magnesium oil spray**

To make your own magnesium oil spray, follow the recipe below.

#### **Tools:**

- Glass bowl
- Spray bottle

#### **Ingredients:**

- 1/2 cup distilled water or plain boiled water
- 1/2 cup magnesium chloride flakes or Epsom salts

#### **Instructions:**

1. Boil the distilled water.
2. Add the magnesium flakes or salts to a glass bowl, then pour the boiling water on top.
3. Stir the mixture until the salt is completely dissolved, then let it cool.
4. Pour the mixture into the spray bottle and store at room temperature.

You can spray magnesium oil on any part of your body, such as your stomach, arms, or legs, daily. Ideally, you should do this before bed because magnesium has a relaxing effect. You'll need at least 15 sprays for each application.

The magnesium might cause a tingly reaction after the first few applications, but your skin will get used to it in a bit. If it doesn't, dilute the mixture with more water.

### **Of course you can also take an Epsom Salt bath.**

#### **Recipe to make a detox bath using Epsom salt**

1. 2 cups of Epsom salt for a standard-size bathtub filled with warm water.
2. Pour the salt into running water to help it dissolve faster into the bath.

**Soak** in an **Epsom salt bath** water solution for 12 minutes. **Rinse off** in the shower or clean **bath** water **after** your **soak**. The magnesium in **Epsom salt** acts as a muscle relaxer, and the sulfates flush out harmful toxins.

#### **Variations on the Recipe**

Add cider vinegar into the bath.

Pre prepare a mixture of Epsom salts, baking soda and lavender essential oil and store in a glass jar with a tight fitting lid. Pour 1/2 cup into bath.

*Note: No time or no bath or want to save precious water? Make a foot bath in a bucket instead!*

***Farming Secrets says: Relax And Enjoy***