

Epsom Salts: 35 Health & Beauty, Household & Garden Uses

Categories : [General](#), [Health/Fitness](#), [Home Remedies](#), [Homesteading](#)



What is Epsom salt? Known chemically as magnesium sulfate it is a naturally occurring mineral discovered in water in Epsom, England. It is a must-have for use in the home, garden and also for personal care. Below are 35 household, health & beauty and gardening uses for Epsom Salts. (Note: Amazon has just about the largest and [best value range of Epsom Salts on the planet!](#))

Household Uses

1. Cleaning Bathroom Tiles

Bathroom tiles pick up grunge over time and Epsom salt is a cheap and effective way to clean them. Mix the salts with an equal amount of liquid dish detergent. Then rub it on the grimy areas and scrub. The Epsom salt, along with the detergent, works by dissolving the grime. Also see: [Remove Mold & Mildew NATURALLY With Tea Tree Oil](#).

2. Ridding Raccoons from the Trash Can

For those plagued by raccoons foraging in the trash can, creating a real mess and making a din in the middle of the night Epsom salt could provide the solution. The reason is very simple; raccoons hate the taste of the salts. So spread a few tablespoons around the trash can and remember to repeat the operation after rain.

3. Regenerate the Car Battery

A car stuck on the driveway because of battery problems can be a nightmare. One way to avoid this is by regenerating the battery using Epsom salt. If it sounds as if it is struggling to turn over dissolve an ounce of the salt in warm water and add to each of the battery's cells.

4. Make the Windows Look Frosty at Xmas

Frosty window makes the windows look seasonal at Christmas, but unless there is real snow outside it can be difficult to create the effect – unless there is Epsom Salt in the home. Just mix the salt in warm beer until it stops dissolving. Then use a sponge to apply the mixture to the windows. Once they dry they will have that frosty Yuletide look!

5. Removing Burnt Food from Pots and Pans

Over cooked and burnt food can be difficult to remove from pots and pans. A few tablespoons of Epsom salt along with soap and halt water can remove the drudgery from scrubbing away stuck burnt food and leave the pots and pans clean.

6. Nourish Houseplants

Epsom salts in water can be used to nourish houseplants around the home and keep them fresh and healthy. Use 1 or 2 tablespoons of the salts per gallon of water to make the solution.

7. Clean Hard Water Stains From Glass Shower Doors

Epsom Salt provides an eco-friendly way to clean hard water stains off glass shower doors. Mix a cup of the salts, a ½ cup of baking soda and a ¼ cup of liquid dish soap. Make sure the shower doors are dry before cleaning. Scoop up the mixture with a damp cloth and begin the cleaning.

8. Make a Homemade Fabric Softener

To save money on fabric softener take the Epsom Salt from the cupboard and make a homemade version. This can be done by taking 2 cups of the salt, a half cup of baking soda and 30 drops of essential oils (such as citrus oils). The ingredients should then be mixed together and added directly to the wash load (1/4 cup per large load).

Garden Uses

9. Ridding the Garden of Slugs

There are times of the year when the garden or yard seems to be infested by horrible slimy slugs. A tin of Epsom salt in the home can deal with this particular problem. Just sprinkle the salt in the areas where slugs appear and soon they will be gone. It appears slugs just do not like magnesium sulfate!

10. Making Grass Even Greener

If the grass is browning under the summer sun it can be made to be the color it should be – green – using Epsom salt. It is the magnesium and iron in the salts which does the trick. Mix 3 tablespoons of the Epsom salts with a gallon of water. Next sprinkle it over the lawn and follow this up by sprinkling with plain water. This ensures the salts soak into the grass, restoring it to its natural color.

11. Fertilize Tomatoes

Epsom salt makes a great fertilizer for tomatoes and other plants. Add one tablespoon of the salts for each foot of the plant every week. Epsom salt can also be used to fertilize roses, flowers, trees and houseplants.

12. Growing Sweeter Fruit

For people growing their own fruit in the garden Epsom salt can make them even sweeter. By applying the salts (2 tablespoons per gallon of water) chlorophyll levels are raised inside the cells of the plants which lead to sweeter fruits.

13. Improve Nutrient Absorption in the Garden

For those who prefer organic gardening Epsom salt improves nutrient absorption naturally and avoids the need to use processed chemical fertilizers.

14. Seed Germination Improvement

To improve seed germination in the garden add Epsom salt to the soil before planting. The magnesium in the salt strengthens cell walls leading to stronger seedlings. 1 or 2 tablespoons of Epsom salt should be poured into the bottom of each hole before the seeds are dropped in.

15. Preventing leaf curling

Epsom salt can be used to prevent leaf curling which is caused by a deficiency of magnesium in the plant. To solve the problem add the salt to the soil around the foot of the plant. For a quicker option mix 2 tablespoons of Epsom salt in a gallon of water and sprinkle directly on the leaves.

16. Homemade Weed Killer for the Garden

Epsom salts can be used to control weeds in the garden and also to produce a homemade weed killer. Mix 1 gallon of white vinegar with 2 cups of Epsom salt and a ¼ cup of regular dish soap then pour the mixture into a gallon sprayer or watering can. The weeds can be killed within only a few hours. This homemade weed killer should be used to control weeds every two weeks and it poses no danger to pets or children.

Health & Beauty Uses

17. Relaxing the Body

An Epsom salt bath at home is ideal for relieving tension. Dissolve the salts in a bath. The salt molecules promote serotonin production in the body which helps reduce the effects of adrenaline. The magnesium helps promote energy in the cells of the body without causing restlessness or anxiety.

18. Helping circulation

Important Epsom salt uses include taking it to help improve circulation which in turn can prevent serious cardiovascular problems. The salts help by reducing inflammation and ensuring the elasticity of the arteries remains protected. Healthy arteries lessen the risk of blood clots, as well as the buildup of plaque and damage to arterial walls.

19. Relief of Constipation

When constipation strikes reach for the Epsom salts; they are one of the best [natural home remedies for constipation](#) and the condition can be eased by drinking a cup of warm with two tablespoons of the salts dissolved in it. The salts provide relief because they are a saline laxative.

20. Whitening Teeth

Among Epsom salt's many uses is teeth whitening. Mix 1 part of the salt with 1 part water and then use the mixture when brushing the teeth. Use the salts to gargle with after brushing. Not only does this method produce gleaming teeth it also helps prevent periodontal diseases. Also see: [8 Surprising Uses for Hydrogen Peroxide](#) for more on natural teeth whitening.

21. Removing Splinters

Use [Epsom salt to remove splinters](#) by dissolving a cup of the salts in a bathtub of warm water. The properties of Epsom salts increase the osmotic pressure on the skin and this helps draw up the splinter to the surface.

22. Dispelling foot odor

The odor from feet can be very unpleasant and embarrassing. Dissolve Epsom salts in a foot bath and soak the feet for around 15 to 20 minutes to get rid of the smell. Epsom salt foot baths are also great for relieving the feeling of heavy legs and foot pain.

23. Treating Sunburn

Epsom salt is an effective way to treat sunburn. Its strong anti-inflammatory properties can help ease the itchiness and pain of sunburnt skin.

24. Removing Blackheads

To remove blackheads a teaspoon of Epsom salt and 3 drops of iodine in a half cup of boiling water. When the water has cooled apply the mixture to the blackhead using a cotton ball. Repeat 3 or 4 times before gently removing the blackhead. Then dab with an alcohol-based astringent. Be sure to check out our complete [how to get rid of blackheads](#) post.

25. Fade Bruises

Epsom salt in the home can be used to fade bruises by putting 2 tablespoons of the salt in a cup of warm water. Soak a washcloth in the solution and apply as a compress to the bruised area.

26. Improve Digestion

If digestion needs to be stimulated take the Epsom salts from the cupboard and dissolve 1 or 2 tablespoons in a cup of warm. Drink the Epsom salts solution before eating.

27. Detoxification

To detoxify the body stir 1 to 2 cups of Epsom salts in a bathtub of warm water then soak for 10 to 15 minutes. The magnesium sulfate in the salts makes an Epsom salt bath a great way to detoxify.

28. Maintain Muscle and Nerve Function

Magnesium sulfate has the ability to relieve tension, pain and cramping. It also governs the body's use of calcium which aids the transmission of chemical signals throughout the nervous system and regulates fluid retention in the body's cells.

29. Regulating Blood Sugar

Epsom salts in the home can be used to regulate blood sugar levels. This is because magnesium sulfate helps the body to produce and use insulin. If taken regularly mixed in water, Epsom salts may be able to lower the risk of diabetes and also boost the body's energy levels.

30. Hair Care

Epsom salt can be used to provide natural and cheap hair care. The salts should be mixed with equal parts of conditioner. The mixture can then be applied to the hair and left for around 20 minutes. Then rinse the hair well and let air dry. The Epsom salt and conditioner mixture can be used on both greasy and dry hair.

31. Use as skin foliate

Take the carton of Epsom salt off the shelf and take a handful of the salts and massage over wet skin. To take full advantage of this natural chemical free skin foliate start at the feet and move up the body towards the face. Finish off by taking a soak in the bathtub.

32. Athletes Foot and Toenail Fungus Treatments

Both athletes foot and toenail fungus can be treated using Epsom salt. Both treatments involve pouring a handful of the salts in a bowl of hot water and soaking the affected foot or toes. For toenail fungus treatment the toes should be soaked in the mixture three times a day. Also see: [How To Use Mouthwash To Cure Toenail Fungus & Athlete's Foot](#)

33. Sleep More Soundly

One way to ensure a good night's sleep after a long hard day is to take a relaxing Epsom Salt bath around an hour before going to bed. The salts help improve sleep because they increase the level of magnesium in the body. To enjoy a relaxing soak before bedtime fill the tub with hot water and add a cup of Epsom salts and a cup of baking soda. Then go to bed prepared for a night of good sleep and hopefully sweet dreams.

34. Make a Homemade Skin Mask

Epsom salt can be used to make a natural skin mask free of chemicals. Just a teaspoon of Epsom salt is required along with a puree made up of white egg, a half teaspoon of pantothenic acid powder, a teaspoon of Aloe Vera and a chopped ripe tomato and 2 drops of thyme oil. Apply to the face for around 15 minutes then rinse off. This homemade skin mask is also a good treatment for people suffering problems with acne.

35. Relief for Gout

Gout is a very painful condition and Epsom salt can be used to provide relief. Add 2 or 3 teaspoons of the salts to a basin of hot water and soak the affected area for 30 minutes.