



SUPPORTING YOUR EVERYDAY WELLBEING
We're here to add an extra dose of wellbeing to your everyday life.
Boost your daily rituals with solution-led natural ingredients,
backed by science.

EPSOM SALT

- Soothes and relieves tired, aching & overworked muscles
- Helps ease muscle strains and tension
- Excellent after sports and exercise
- Relaxes mind & body to support a good nights sleep
- For naturally healthy skin

PRECAUTIONS, READ BEFORE USE:
For external use only. Avoid contact with eyes. If this occurs wash affected area thoroughly with water. If irritation occurs, discontinue use.

HOW TO RUN THE PERFECT BATH

- 1 Run a warm bath
(37-40°C is ideal)
- 2 Add 2-4 cups of Epsom salts
to soothe aching muscles
- 3 Dim the lights to create a
soothing, cosy atmosphere
- 4 Relax & enjoy for at
least 20 minutes

MADE IN THE UK BY:
Westlab Ltd, 57 Dunfold Park, Croomagh GUS STB, UK
RP MSL, STE 5505, 27 Upper Pembroke St, Dublin, IE

WESTLABSALTS.CO.UK

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1kg e 2.2lb

PLEASE RESPONSIBLY RECYCLE
THIS POUCH AFTER USE.

100% NATURAL INGREDIENTS:
Magnesium Sulfate

Independently tested for purity. Vegan & responsibly sourced.

Keep sealed in a cool, dry place as over time salt can attract moisture.
This is a natural product, so there can be variation in the colour and texture.