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Epsom Salt Baths

Author: Thomas Miller, CSCS, USAW

Introduction

Restoration is a topic that is gaining more and more attention in the field of strength and conditioning. As workouts continue to develop in complexity and intensity, coaches look to find ways to enhance the recovery of their athletes. There are a variety of restoration methods available, and this article will focus on the use of Epsom salt baths.

Origins of Epsom Salt Baths

The name 'Epsom Salt' was originally given to the magnesium sulfate present in the mineral-rich waters in Epsom, England. People traveled long distances in the hope that they would be cured of their various health conditions by using the mineral waters. In modern times, Epsom salt baths are used primarily to exfoliate dry skin, reduce surface inflammation, and help ease the symptoms of skin conditions such as psoriasis.

Using Epsom Salts

When combined with a warm bath, Epsom salt can leave a tired athlete feeling relaxed and rejuvenated. Place the Epsom salt in a container or cup under the running water faucet to allow the product to fully dissolve and disperse in the tub. Then, simply sit and relax while soaking up the water and salt.

It is important to follow the directions written on the packaging of the product, and be aware of any indications or complications with current medical conditions.

For example, it is typically not recommended that athletes with diabetes use Epsom salt, as the exfoliating nature of the product may damage sensitive or injured skin. It is also recommended that athletes avoid using Epsom salt baths if they have excessively dry skin, as the bath may exacerbate irritation as opposed to reducing it.

Finally, it is important not to overuse Epsom salt baths. Just as the body tends to adapt to training, it also adapts to recovery methods, reducing the physiologic and psychological effects of the baths. Athletes should use these baths only once or twice a week at most during off-season training or following a competition.

Edited By:

Jonathon Janz, MS, CSCS, USAW