



## Article Side

Natural Bath Salts – 5 tips to help you get back in the tub. [KyithMcDonnell](#)

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You have had a long hard day, or perhaps, a long hard week. It's cold outside and all you really want to do is get somewhere warm and let your mind empty so you can recharge. You thought about having a bath. The whole ritual is what you enjoy. Pouring the bath. Adding some natural bath salts. Pouring in your favorite scented bubble bath and then sliding in, feeling your whole body release.

However you know that every time you have a bath it leaves your skin irritated and dried out. You know you're going to have to use a lot of body cream after. You may even need some special soap for the eczema on your skin that seems to get worse every time you have a bath. Instead you decided some time under a blanket or in front of a fireplace would be better suited. However, the thought of being embraced by warm water sends tingles to your mind and you reconsider. Is it worth the dried out skin? Is it worth a urinary tract infection? (yeah, you once had one of those after taking a long bath too) Is it worth using more body lotion than usual for the next week.

The answer is. GET BACK IN THE BATHTUB! There's nothing wrong with the bath. There's nothing wrong with you. What's wrong is the products you're using in the tub. Armed with a little information you can get back in the bathtub again and relax and enjoy yourself without fear of eczema or dry skin. Here's a few ingredients to watch for in your bath products that'll keep you coming back for more.

1. BAD: Look out for Sulfates. We've said this before and we'll say it again. Stay away from any product with sulfates in it. Sodium Lauryl Sulfate, Sodium Laureth Sulfate, Ammonium Lauryl Sulfate. While these products are great for cleaning they're also great at irritating your skin. Imagine marinating in a product that strips your skin of all its good oils as well as all the dirt and then penetrating all your pores with tiny particles that scrub back and forth. That is pretty much what happens when you soak in a tub full of sulfates and THIS is primarily what causes the relapse of eczema, the dry skin and urinary tract infections. (There are synthetic detergents like Sodium Lauryl Sulfoacetate that actually work MUCH better without penetrating skin)

2. BAD: Look out for cocami-dopropyl betaine this is considered a penetration enhancer allowing other chemicals (good AND bad) to readily enter your skin. Honestly, your skin does just fine allowing things to enter and release from your body. Extra help is not necessary. If you thought it was bad enough you were soaking in sulfates. Soaking in sulfates while have your pores purposefully dilated is worse.

3. GOOD: Look for Epsom salts (Magnesium Sulfate). These salts will help you detoxify by penetrating your skin and help pull toxins to the surface

4. GOOD: Look warm water temperature. The warmer the bath the more your blood will circulate, your blood vessels will dilate and so will your skin's pores (see the note about about no extra help necessary). Increased blood circulation will also help push out toxins in your body as well as increase your metabolism (Imagine that, taking a bath may help you lose weight)

5. LOOK FOR essential oils for fragrance opposed to fragrance oils. While this item is a matter of preference it seems that sensitive people have greater reactions to fragrance oils as they are synthetic than essential oils. How can you tell if your favorite bath salt, body lotion or body cream has a fragrance oil in it? Simple: Look for the word fragrance in the ingredients. If the product is fragranced with an essential oil you will see its INCI name written oil (Example: Citrus aurantium dulcis = Orange essential oil)

By keeping away from the sulfates and CDP you can get back to enjoying the bathtub again and not worry about rashes, eczema or dry skin.

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