

Mineral Salt Baths



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Simple, decadent and limited only by your imagination, mineral salt baths are fun to make as gifts or for your own enjoyment!

Hippocrates, the father of modern medicine, encouraged his patients to bathe in warm sea water in a treatment called thalasso-therapy for it's many benefits to the body.

Natural salt baths contain an abundance of essential minerals which can have many positive effects on the body. Soak in a hot mineral bath for 20 minutes (or more!) to experience the full rewards of the minerals; in doing so, it's benefits are easily absorbed into the skin. The addition of pure essential oils adds aromatherapeutic properties that can be chosen to soothe, relax, invigorate and more.

Some of the reputed benefits of mineral salt baths are:

- Helpful in supporting the nervous system to relieve stress.
- Can help to relieve water retention.
- Restores calcium balance which is essential for nails, bones, etc.
- Reduces inflammation of muscles and joints with bromide which helps alleviate pain and soreness.(i.e. arthritis, sports injuries, etc.)
- Has a detoxifying and cleansing effect on the skin which absorbs deep into the tissues.

Join the Kootenay Co-op and Amber Hasse for a fun and interactive evening, learning about the incredible benefits of Natural Mineral Salt Baths. With the addition of aromatherapeutic essential oils discover how they can create a wonderful healing experience, right in your own bath.

In this class we will create our own luxurious bath salts to take home, using pure and natural ingredients, and leave with a priceless collection of recipes, including some for homemade body care products.

In these cold winter months and over the busy holiday season, what better way to treat yourself or those you love than with an assortment of healing and revitalizing mineral baths.

This is a class not to be missed!

When: Thursday November 27th

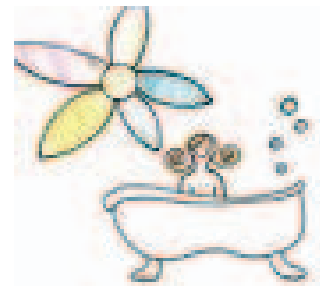
Where: Nelson Library Basement 7-9pm

Members \$12

Non-Members \$15

Payment is required at time of registration

Space is limited. To register, visit the Customer Service desk, or call Michelle at the Co-op for more details.



Amber Haase is the owner of Element Botanicals, a manufacturer of 100% natural body care products, located in beautiful Nelson, BC.

Amber has been experimenting with and creating natural preparations from a very young age, pursuing this passion by earning certificates in Herbalism, Aromatherapy, Botany, Anatomy, Herbal Wildcrafting, Traditional Chinese Medicine and Reiki.

Element Botanicals products are available at The Kootenay Co-op!