



Using Sea Salt for beauty, health and personal hygiene

Altogether it's believed there are more than 14,000 uses of salt, and our grandmothers were probably familiar with most of them. Many of these uses were for simple things around the home before the advent of modern chemicals and cleaners. However, many uses are still valid today and a lot cheaper and safer than using more sophisticated products. We thought you might like to share some of these fascinating applications of salt but we make no guarantee about the results if you try any of them.

The most familiar use of salt undoubtedly is in the kitchen and on the dining table. Salt accents the flavour of meat, brings out individuality of vegetables, and deepens the flavour of delicate desserts. No other seasoning has yet been found that can satisfactorily take the place of salt.

Salt has many other uses around the home. Salt is an excellent cleaning agent, by itself or in combination with other substances. A solution of salt and turpentine restores the whiteness to yellowed enamelled bathtubs and toilets. A paste of salt and vinegar cleans tarnished brass or copper. Strong brine poured down the kitchen sink prevents grease from collecting and eliminates odours.

A container of salt is an important item in many bathrooms. In mild solutions, it makes an excellent mouthwash, throat gargle or eyewash; it is an effective toothpaste, a good antiseptic; and it can be extremely helpful as a massage element to improve complexion.

Here are some other tips in more detail:

Gargling - Stir 1/2 teaspoon salt in an 8-ounce glass of warm water for use as a gargle for sore throats.

Cleaning teeth - Mix one part salt to two parts baking soda after pulverising the salt in a blender or rolling it on a kitchen board with a tumbler before mixing. It whitens teeth, helps remove plaque and it is healthy for the gums.

Washing mouth - Mix equal parts of salt and baking soda as a mouth wash that sweetens the breath.

Bathing eyes - Mix 1/2 teaspoon of salt in a pint of water and use the solution to bathe tired eyes.

Reducing eye puffiness - Mix one teaspoon of salt in a pint of hot water and apply pads soaked in the solution on the puffy areas.

Relieving tired feet - Soak aching feet in warm water to which a handful of salt has been added. Rinse in cool water.

Relieving bee stings - If stung, immediately wet the spot and cover with salt to relieve the pain.

Treating mosquito bites - Soak in saltwater, then apply a mixture of lard and salt.

Relieving fatigue - Soak relaxed for at least ten minutes in a tub of water into which several handfuls of salt has been placed.

Removing dry skin - After bathing and while still wet give yourself a massage with dry salt. It removes dead skin particles and aids the circulation.

Applying facial - For a stimulating facial, mix equal parts of salt and olive oil and gently massage the face and throat with long upward and inward strokes. Remove mixture after five minutes and wash face.

Removing tattoos -CAUTION-This is a medical procedure that can be done only by a physician. It is called salabrasion and requires several treatments by rubbing salt on the tattoo. Healing is required between treatments, but there is virtually no scarring.