

A GUIDE TO MAGNESIUM OIL

application, usage, and commonly asked questions

METHODS OF APPLICATION

1. Sprayed Directly on the Skin. Spraying magnesium oil full strength directly on the skin is the most efficient and economical application, and also happens to offer the most benefits to the user.

Now, this "body spraying" can be approached in a couple of different ways. The first way is what we might call the "Spray n' go" method, and is done by spraying the magnesium oil on isolated parts of the body such as the thighs, abdomen, arms, etc, with several carefully aimed applications throughout the day, or to areas that are in need (i.e. achy joints, muscle spasms, sore muscles). Rub it into the skin as much as you feel is necessary, although the more you rub, the more your skin will absorb. At this point, many people choose to leave the magnesium oil on indefinitely, while many more wipe it off with a moist washcloth after 30 or so minutes because they find the residue it leaves on the skin a little uncomfortable. Only you can be the judge of that, as everyone has their own preference.

The second approach to body spraying is more of a "Let's just be done with it already" method, and if possible, should be your core method. Simply take off all your clothes and give yourself a very liberal coating of the magnesium oil from the neckline down to your ankles, taking time to rub it in thoroughly. Depending on your body size and agility of course, it should take you no less than about 10 minutes and 100 or so sprays to give yourself a good rub-down. A quicker way to apply is just to pour a little out in your hand and slather it on the body such as one would do with sunscreen. Don't be afraid to spend some time here.

Try to avoid application of the magnesium oil to sensitive parts of the body such as the nipples and genital area. It's not going to hurt you—it just stings more than most would care for in these sensitive areas. You could apply it to the facial area and scalp, but again, it is a matter of comfort. The Ancient Minerals magnesium oil product is certainly more appropriate for these sensitive areas.

Now that you are naked and thoroughly doused with magnesium oil, find something to do for the next 30 minutes (or longer). Lay some old towels down on your bed, couch, etc, and just relax. Give your skin some time to drink up the magnesium that you have applied. At this point, get into the shower and give your body a quick rinse with just water (no soap), and towel dry yourself off.

2. Tub Soak. Adding magnesium oil to a warm bath makes for a *very* relaxing magnesium soak. How much should you add? That all depends on your needs, but 6 to 8 ounces is a good start, depending on one's needs and requirements. Because of the obvious dilution that occurs when adding magnesium oil to a tub bath, adding up to 32 ounces is not unheard of.

3. Foot Soak. Adding magnesium oil to a warm foot soak is another method to consider, and also very convenient. A very popular way to use it is to add it to one of those nifty little heated foot spas. Bubbles, massage... all great, but be sure it keeps the water heated. Of course the

obvious method is to throw some very warm water in a basin of some type that can accommodate the feet. Heated water is going to bring more circulation to the feet and keep your pores open, hence more absorption. How much should you add? Again, it all depends on your needs, but about 4 to 6 ounces is a good start. For any issues one might have with the lower extremities such as the feet, ankles, and legs, this is the preferred method of application.

BUT IT STINGS!!

The "sting factor" only applies to direct body spraying, and yes, we know it can be a tad uncomfortable the first few times you use it. But just think of the good you are doing for yourself? And, like all things, it is something you will become accustomed to. Of course, it really depends on how sensitive your skin is. Some say that it doesn't sting at all, while others say that it does sting a bit. Again, you would need to be the judge of that. But regardless of which category you may fall into, any stinging or itchiness goes away after you rinse it off. Some users of the magnesium oil choose to dilute it 50/50 with spring water, which helps to considerably reduce the "sting factor," but you also receive half the amount of magnesium per spray than you normally would. Other users of the magnesium oil prefer to focus on tub soaks and foot soaks, which is fine if that is what suits you.

THE BOTTOM LINE

So what is the bottom line? Do what is right for you. If you would rather eat nails than deal with the slight "sting factor," use it in a tub soak. If you don't feel like taking a tub bath, lose the shoes and plop your feet in a foot soak. If you are immobile, spray it on isolated areas of the body. The point is to be consistent, and realize that the cells need large amounts of magnesium each day to function properly. Always remember the golden rule, "Anything worth doing, requires some effort."

MAXIMIZING THE BENEFITS

There are certain things you can do to increase the absorption of the magnesium oil by the skin

1. Dry Skin Brushing. Without delving into too much detail, dry skin brushing is a skin care technique whereby one utilizes a natural vegetable bristle brush to stimulate and cleanse the skin. Dry skin brushing removes old skin cells, stimulates blood flow to the skin, and stimulates the lymphatic system, among many other things. But for the purposes of this guide, these are the effects that we are most concerned about. Just like the name says, the technique is performed when the skin is dry, and also before showering. Ideally, this technique should be performed every single day for the rest of your life, but at the bare minimum should be done before you use the magnesium oil. This is not a requirement, just a strong suggestion.

2. Massage. Whether it is administered by a professional, your significant other or yourself, massage offers a huge bonus to the application of magnesium oil. Massage stimulates the blood flow to not only the skin, but to the underlying tissues, and of course—enhances the absorption and distribution of the magnesium oil.

3. Taking a Warm Shower. For obvious reasons, taking a warm shower to cleanse the skin of oils, acids, and other elements is a good idea prior to applying the magnesium oil. Everything absorbs better into freshly washed skin – again, not a requirement, just a suggestion.

What not to do?

1. Don't apply lotion before using the magnesium oil. Lotions and other oils will saturate the skin and hinder the uptake of the magnesium by the skin. Instead what you will have is a whole bunch of magnesium oil sitting on top of your skin.

2. Avoid your eyes, freshly shaved underarms, or freshly shaved face. Avoid getting the concentrated magnesium oil in these areas. It won't hurt you, but it might sting a bit.

FREQUENCY OF USAGE

Ideally, for the first 3-4 months you should be using it every day with intensity. A good rule of thumb is use up to 1-2oz per day directly applied to the body. It is advisable to start the first several days with a small amount, and gradually work up to larger amounts. During this time you will be restoring your cells that are magnesium deficient. After this initial period, some users feel that they need to use the magnesium oil just as much as they were during the first 3-4 months, while others back off to using the magnesium oil a few times per week. It all depends on the person, as everyone responds differently and with different needs. Stress, diet, etc, all affect cellular magnesium levels, so one would need to take these factors into account and determine their own requirements. If you are engaging in *any* type of detoxification protocol, aggressive use of the magnesium oil is certainly recommended.

COMMONLY ASKED QUESTIONS

Can I use it more than once per day? Certainly! For example, you can take a few body sprays in the A.M., and when you get home in the P.M. you can take a magnesium bath or foot soak. And, if you are not feeling "up to par," using it more than 1x per day is encouraged.

Is magnesium "oil" actually oil? Actually no, although this is a common misconception. Magnesium "oil" is a coined term for a highly saturated solution of magnesium chloride in water along with other trace elements, which happens to present itself in an oil-like texture due to its hygroscopic nature (attracts water molecules). No need to worry about oily skin, oil stains, or anything else having to do with oil.

Can I use magnesium oil as massage oil? Absolutely! In fact, the use of magnesium oil in massages melts away those knots and spasms much more efficiently than massage alone, not to mention increasing the absorption of the magnesium as discussed before. If you see a professional for your massage, take a few ounces to them and let them work their magic.