



# LET'S TALK ABOUT EPSOM SALT FOOT SOAKS

*I have read that Epsom salt foot soaks are an easy and affordable remedy for multiple foot issues. What are the benefits of Epsom salt foot soaks, and where can I get Epsom salt?*

## EPSOM SALT EXPLAINED

Epsom salt is another name for magnesium sulphate salt. It's commonly used as a bath salt and an antiseptic.

Despite its name, it is not used as a table salt. If you taste Epsom salt, you'll find that it's rather bitter and not very appetizing.

COMPILED BY **HANNAH MAY-LEE WONG**  
DESIGN **RAZLI ABDUL RAHMAN**

## HOW EPSOM SALT FOOT SOAKS CAN HELP WITH FOOT ISSUES

### CORNS AND CALLUSES

Calluses are hardened skin that most often grows on the surface of the feet. They usually don't cause discomfort, but they can be bothersome and unsightly.

Meanwhile, corns are hardened skin that can grow deep into your skin tissue—they also most often appear on the feet. Some corns can be painful, especially when pressed.

**How Epsom salt helps.** Treatment of these foot issues typically involve exfoliation, which is the process of removing dead skin at the affected areas of the foot in order to 'peel off' the corn or callus.

Soaking your feet in an Epsom salt foot soak once a day helps soften the skin around your corns or calluses. When those areas are softened, it becomes much easier to remove dead skin cells or exfoliate with a pumice stone or filer.

### SMALL WOUNDS

If you have a small wound on your foot, soaking the wound in an Epsom salt foot bath can help clean the wound and prevent infection.

Soak daily before putting on a new wound dressing, and do this until the wound is healed.

### INGROWN TOENAILS

Just like with calluses and corns, Epsom salt foot soaks can help soften the skin around the ingrown nails. Having softened skin around the toenails prevents the toenails from further growing into your skin and worsening the problem.

**See a doctor if your ingrown toenails become painful and/or swollen, or you notice pus around the nail. Your ingrown toenail may be infected and you may need antibiotics to address the infection.**

## WHERE TO OBTAIN EPSOM SALT FOOT SOAKS

You can get Epsom salt from any pharmacy. It is an over-the-counter product, so no medical prescription is necessary.

### HOW TO PREPARE AN EPSOM SALT FOOT SOAK

1. Fill a small tub with warm water just enough to cover both your feet.
2. Dissolve 2 tablespoons of Epsom salt into the water. Make sure the salts are fully dissolved before soaking.
3. Soak for 15 to 30 minutes.

LIM YUANSHUANG  
Podiatrist  
FootDoctor Podiatry

