

THE SKIN CLEANSER sodium chloride

ALSO KNOWN AS COMMON SALT OR TABLE SALT, SODIUM CHLORIDE OFTEN GETS A BAD RAP BECAUSE MOST OF US TYPICALLY CONSUME MORE IN OUR DAILY DIETS THAN WE REALLY NEED—BUT, IN NATURAL CRYSTAL FORM, IT IS BENEFICIAL IN THE BATH.

BEST FOR acne and various skin conditions

MAIN BENEFITS
exfoliates, eliminates bacteria



WHEN EATEN

Almost all sodium chloride has additives and goes through a chemical-cleansing process that makes it unhealthy. It's recommended to look for natural crystal salt when using it with food.



WHEN BATHED IN

Sodium chloride is a potent cleanser and bacteria fighter in skin care, making it a good choice for a variety of skin conditions, including acne.



THE SKIN REFRESHER

Mixing sodium chloride, Dead Sea salt and shea butter with a healthy dose of soothing chamomile, just a scoop of **Shea Terra Organics Guava Pomegranate** opens pores, releases toxins and leaves skin feeling refreshed. \$18, sheaterraorganics.com

MAIN MINERAL

Sodium chloride

SCENT

Fruity

THE EXPERIENCE "The salt dissolved quickly, and the oil made the bathwater feel very rich. Usually, after a bath, my skin feels dry, but this left it moisturized with a long-lasting sheen."



THE ACNE ERASER

Used either in the bath or in a bowl where you can soak your face, **Clarisea Clarifying Salt Treatment** flushes out impurities, combats breakouts and tones the skin with its special blend of sea minerals. \$18, clarisea.com

MAIN MINERALS Sodium chloride, potassium, magnesium and calcium

SCENT

None

THE EXPERIENCE "Although it doesn't seem to aid in relaxation, the soak definitely helped improve skin's texture—especially on body breakouts."

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