

What a Magnesium Body Wrap Does

1. **Relaxes Muscles**

Magnesium is essential for muscle relaxation and proper function. When applied through a body wrap, it helps ease muscle tightness, cramps, and post-activity soreness.

2. **Reduces Inflammation**

Magnesium's anti-inflammatory properties help calm irritated muscles and joints, offering relief for those with chronic pain, arthritis, or fibromyalgia.

3. **Promotes Detoxification**

Combined with the use of a sauna, the wrap encourages sweating and supports the body's natural detox processes, helping to eliminate toxins and heavy metals through the skin.

4. **Improves Circulation**

The warmth of the sauna and the wrap stimulates blood flow, enhancing oxygen and nutrient delivery to muscles and tissues for quicker recovery and rejuvenation.

5. **Relieves Stress and Promotes Relaxation**

Magnesium calms the nervous system, helping to lower stress hormone levels, reduce anxiety, and improve sleep quality.

6. **Hydrates and Softens Skin**

The wrap, often infused with magnesium chloride, essential oils, and aloe vera, leaves the skin feeling smooth, nourished, and refreshed.



Enhanced with Sauna Therapy

Pairing the magnesium wrap with a sauna session amplifies detoxification, promotes deeper muscle relaxation, and increases the absorption of magnesium through open pores and warmed skin.



Ingredients

- Magnesium
- Essential oils
- Aloe vera
- Thermal wraps or sauna blankets to retain heat and maximize benefits



Ideal For:

- Athletes or active individuals with sore muscles
- Those under stress or experiencing fatigue
- Individuals with magnesium deficiency symptoms
- Clients seeking detox, relaxation, or skin rejuvenation



Not Recommended For:

- Pregnant Ladies
- People with cardiovascular conditions (e.g., uncontrolled high blood pressure)
- Those with kidney disorders or severe magnesium sensitivity
- Anyone with open wounds, skin infections.
- Individuals with low heat intolerance

