

MAGNESIUM SPRAY

I spray this on the bottoms of my feet before I go to bed most nights. I make it myself because it is so much cheaper than buying it and I know exactly what is going into it. I hope it helps you as much as it has me!

Ingredients

1 cup magnesium flakes
1 cup filtered water

Instructions

Bring your filtered water to a boil.
Add in magnesium flakes and stir until completely combined.

Allow your mixture to cool completely.

Once cooled, pour the mixture into a glass spray bottle to store.

*To apply, spray once on each foot just before bed time. Gently rub into your foot.