

Marvelous Magnesium

5 Ways to Recover After a Workout

1. Massage with Magnesium Lotion

Massage Jordan Essentials Magnesium Lotion onto tired muscles to improve circulation and help you relax.

2. Soak in the Suds

Take a relaxing bath with Jordan Essentials Dead Sea Salt Magnesium Soak to relieve pain and soreness.

3. Fill up on Fluids

After losing a lot of fluids during exercise, you'll need a refill! Water is always a good option for improving metabolic functions.

4. Stretch to Avoid Strain

It's important to stretch after exercising to avoid any damage to your muscles.

5. Nourishing Nutrients

In addition to replenishing your fluids, you'll need to refuel by eating properly. Try going for some protein or complex carbohydrates such as whole grains, green vegetables, or nuts and seeds.



8 oz. Unscented Magnesium Dead Sea Salts for only
\$5 with a \$50 purchase. (\$20 Value)