

# How to Make a Salt Pack



[Healing Waters Clinic & Herb Shop](#)

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You may have never heard of salt packs, but they are simple remedies that often yields profound results. Salt packs are a traditional folk remedy, particularly popular in Eastern healing systems such as macrobiotics. Salt packs are a useful therapy for all kinds of ailments. Salt packs are inexpensive and if used with common sense, do no harm.

### ***How to Make and Use a Salt Pack***

1. Obtain good quality sea salt from health food store or herb shop. Do not use kosher salt or regular table salt as a substitute.
2. Heat about two tablespoons of the salt in a skillet or frying pan. Do not use Teflon frying pan, use stainless steel instead. A cast iron skillet is best. Do not microwave.
3. Heat the salt while stirring with a wooden or stainless steel spatula. The salt will heat quickly. It may give off a slight odor. This is okay.
4. Turn off heat and place in the middle a terry cloth wash cloth or white cotton cloth about 12 inches square. Test temperature by placing it on forearm for a minute to make sure it is not too hot.
5. Lie on back and place salt pack on abdomen with the center of the cloth or wash cloth right over the navel (umbilicus). The salt should be mounded right on top of the navel area so that it overlaps the edges of the navel.

6. Caution! While it may seem that the salt is not that hot when testing on forearm, the hot salt can burn you if too hot. The hot salt on the cloth should be as hot as tolerable but if it starts to burn take it off immediately.
7. This therapy should *last ten to fifteen minutes*. It should feel comfortable and relaxing.
8. Repeat two to three times a week

**NOTE:** this is intended to bring gentle heat to the body part applied to, which is most often the abdomen.

**Benefits:** improves digestion, helps relieve nausea and diarrhea, strengthens energy, helps the immune system, helps restore weak abdomen after pregnancy, and can help lift the organs with prolapse.

### ***Other Ways a Salt Pack Can Help***

Let's look at some other ways salt packs have been used as home remedies or by natural healers.

**Earache:** Many people know the effectiveness of using a hot wash cloth laid over the ear for an earache. Salt packs can also be placed on an adult or child's ear.

**Toothache:** Apply the salt pack to the affected side of the face right over the painful area.

**Muscle pain:** Apply the salt pack to an achy muscle or muscle group.

**Joint pain:** Apply the salt pack to an affected joint, like a knee, elbow, hip, ankle, wrist, shoulder, or spine.

**Menstrual cramps:** Apply the salt pack on the lower abdomen above the pelvic bone.

**Diarrhea:** Apply the salt pack to the navel, or lower abdominal area

### ***Warning and Disclaimer***

If using salt packs for nausea, vomiting, cramping, diarrhea, stomach upset or other reasons, be aware that these symptoms may come from serious health conditions and if they persist you may need to seek medical care with your doctor or the emergency room.

Most of the people using these instructions for salt packs are doing so by direction through our office. If you have downloaded this information from the Internet you are using them at your own risk. Avoid burning yourself. Please use common sense.

If you have any question, contact us at:

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