



## Salt

### **Dr. B's Magic Mix**

*You can make your favorite moisturizer better by adding sea salt dissolved in water to the moisturizer. Sea salt helps eczema and dry skin and Dead Sea salt helps psoriasis.*

*You will need:*

- Favorite Moisturizer*
- 1 tsp Sea salt or Dead sea salt*
- 1 tsp water*

### Mixing Instructions:

- Pour moisturizer in a small bowl
- In a separate bowl, dissolve salt in water
- Add salt water mixture to moisturizer and blend well with hand mixer. Store in a covered container.