

Magnesium Flake Baths

Suggested Use

- Magnesium bath flakes offer an economical form for creating a healing magnesium footbath or full tub bath. Temperature should be as hot as your water heater can get it.
- Add 2 cups for a full bath, and 1 cups for a footbath. First add your green stone and your grey stone (if the only grey stone you have is a water stone, rinse after you are done soaking in the Tub. Allow the temperature of the water to cool to a warm and comfortable temp, but not hot. Hot water causes the skin to eliminate rather than to absorb.
- Soak for 30 minutes every other day (unless directed to do everyday).
- When you are working with a hot tub you need to follow these instructions.
 1. Fill hot tub with water.
 2. Make sure stones are placed as directed by Jay, and Dan at Night Hawk Minerals.
 3. When water is warm put in 1 ½ bags of MagCL flakes. (You only need to add this much when you change out the water)
 4. Let the jets run for 20 min till MagCL flakes have dissolved.
 5. Add 3 cups of MagCL flakes to the hot tub everyday in between changing the water. (You should change the water every 5-7 days pending the amount of people using.
 6. Instructions for cleaning the hot tub:
 - *When you are ready to clean your hot tub, place a 1/2 cup of chlorine into the water. Run the hot tub for 20 min and drain. Once you have drained the hot tub hand clean the hot tub with an organic cleaner; change filters and rinse tub out; than repeat steps 1-5.

If you have any questions Please Call us at 1-888-563-8389, or Dan at 720-940-4662

God Bless,

Night Hawk Minerals

