



Zechsal and massage

Zechsal products are purely natural. Our magnesium is 250 million years old, is unpolluted by man and our environment and is highly concentrated. In addition to magnesium, this age-old salt contains a cocktail of (minute) trace elements. According to some, this contributes to the beneficial effects of Zechsal.

Using Zechsal for (sports) massage purposes heightens the intensity and effects of the treatment:

Zechsal relaxes: Zechsal's naturally occurring magnesium passes through the skin directly into the interstitium. Here, it almost immediately becomes active at a cellular level and thereby provides a high degree of relaxation.

Zechsal repairs: Zechsal helps muscles recover. Cramping disappears immediately, muscular pain eases and joint pain is relieved.

Zechsal neutralises: The magnesium accelerates the expulsion of lactic acid from the muscles and contributes to recovering the body's pH.

Products and treatment methods

Magnesium oil is the Zechsal product most often used by massage therapists. Make sure that the skin is clean and warm. Wipe beforehand with a moist, warm flannel if necessary. Spray the oil onto the area being treated and gently massage into the skin. Use 10 to 20 sprays (the equivalent of 120 to 240 mg of pure magnesium). Keep your customer settled for a few minutes so that the oil can be absorbed. *NB. Do not apply to the face or throat. The skin is too sensitive here.*

Zechsal magnesium oil is a water-based product, so it does not stay on the surface the skin (it is called oil because it has an oily consistency). Because of this, you should follow up the treatment with regular massage oil. The extra relaxation will allow even better treatment of trigger points.

Magnesium gel is mostly used for compress treatments. It gives the body (or specific area) a magnesium boost. Gel compresses are used for the treatment of e.g. sports injuries, inflamed tendons (such as the Achilles) or aching joints (knees, ankles, shoulders, etc.). This treatment relieves pain and promotes recovery from within.

Coat the area with a thin layer of gel and cover with plastic film or a warm flannel. Allow app. 20 minutes for absorption and then rinse off. For full-body massages, we recommend placing gel compresses on the feet and treating the rest of the body in the meantime.

For more information, please visit our website at www.zechsal.eu or call 0598 - 626 810. We will gladly give you further information or answer your questions!