jordane S S E N T I A L S

Deppermint Magnesium

- Most people are magnesium deficient and topical application can really help relieve some symptoms in people who are low on magnesium. These include eye twitches and leg cramps
- DEMO: Apply and talk about the benefit of Magnesium lotion from the Magnesium hot sheet and then share a foot demo
- Add 4-6 pumps per clear bag and place each foot inside of a bag and put socks over the outside of the bag
- Sit back and relax! Come back to share how your feet feel! It is amazing.



