





ESPA

ESPA Salts and Milks Comparison Chart

	Fitness Bath Salts	Fortifying Bath Salts	Restful Bath Milk	Restorative Bath Milk
				
Size	180g	180g	200ml	200ml
What is it?	Recharge after a strenuous workout with these invigorating and aromatic bathing crystals.	Mineral-rich aromatherapy salts to revive and support.	Relaxing oil-rich bath milk to nourish the skin and calm the body and mind.	A nourishing oil-rich bath milk with a comforting aromatherapy blend to restore balance to the body and mind.
Ingredients	Dead sea magnesium, Dead Sea Salt, Eucalyptus, Clove Bud	Himalayan Pinks Salts & Dead Sea Salts, Oat Powder, Tea Tree & Eucalyptus	Ashwagandha, Clary Sage, Valerian, Hops	Avocado Oil, Grapeseed Oil & Tamanu Oil, Oat Lipids, Sweet Orange, Rose Geranium
All Skin Types	✓	✓	✓	✓
2 in 1				
Shower				
Bath	✓	✓	✓	✓
AM	✓	✓	✓	✓
PM	✓	✓	✓	✓
Salt Texture	✓	✓		
Creamy Texture			✓	✓
How to use?	Draw yourself a warm bath and sprinkle the Fitness Bath Salts into the water breathing in their aromatic as the gently dissolve.	Draw yourself a warm bath and sprinkle the Fitness Bath Salts into the water breathing in their invigorating aromatic as the gently dissolve.	Hold bottle at a 45-degree angle and slowly drizzle under warm water, swirling your hand to disperse the milk as you breathe in its harmonising aromatic aroma.	Hold bottle at a 45-degree angle and slowly drizzle under warm water, swirling your hand to disperse the milk as you breathe in its harmonising aromatic aroma.