



# Agate Massage Services

**Hi!** My name is Karen Watkin. I am a mobile Remedial Massage Therapist and a huge advocate for Essential Magnesium products.



Did you know that 80% of us are magnesium deficient? This causes absolute havoc on our bodies and symptoms such as (but are not limited to);

- Muscle tightness, spasms and cramps • Muscle pain, injury's that don't heal • High blood pressure
- Aching joints • Hyperactivity, irritability, aggressiveness • Heart conditions and poor circulation
- Headaches/ migraines • Skin conditions • Numbness in limbs • Low energy, fatigued • Low bone density/osteoporosis • Blood sugar irregularity/Diabetes • Restless legs and night time restlessness, poor sleep/insomnia

## How does Magnesium help the body?

- Magnesium facilitates over 330 processes in the body • Utilised in muscle and nerve function • Detoxing "without sufficient magnesium waste is locked into cells and nutrients cannot enter" • Energy production
- Calms the nervous system • Plus, much more

SPRAYS

CREAMS



FLAKES

SOAKS

## Why topical magnesium chloride?

- Topical magnesium 3 x faster in absorption than oral forms • No stomach irritation or conversion required by our kidneys • Absorbed within 10 minutes of application • 27% Magnesium Chloride plus 2% Arnica Montana • 8 sprays or 4 pumps of cream provides 300mg magnesium • Body will only absorb what is required • Up to 24 hours relief