

kaleidoscope  
piercing

SEA  
SALT  
SOAKS

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# SEA SALT CAN BE VERY BENEFICIAL FOR ANY BODY PIERCING.

There are natural minerals and enzymes found in sea salt that help regenerate skin cells and increase blood circulation. These healing components can help repair an irritated body piercing and can speed up the overall healing process of a new body piercing. Here's what to do:

## SEA SALT SOAKS

1. Wash your hands thoroughly with a mild liquid soap. We recommend Dr. Bronners or any mild castile soap.
2. Place a pinch of sea salt in the bottom of a small disposable cup. About 1/8 teaspoon.
3. Add hot tap water -as hot as you can stand- to the salt. Use about 3 ounces of water - half full in a coffee mug.
4. If possible, invert the cup right over the piercing and allow it to stay there for 5 minutes. This usually works well for nipple and navel piercings. If you can't create a sufficient seal against the skin with the cup, then soak a cotton ball in the salt water solution and apply the cotton ball to the piercing. When it cools down, throw it away and place a newly saturated cotton ball on the piercing. Repeat this process for 5 min.
5. Rinse the piercing with warm water and dry with a clean paper towel.

## SOAKING TIPS

- Only pure sea salt (NON iodized) is to be used. Table salt, kosher salt, epsom salts, and iodized sea salts are NOT acceptable. Sea salt can be found in many grocery stores and almost all health food stores.
- If you are not sure about the solution strength, put a dab on your finger and taste it with the tip of your tongue. It should be no saltier than a potato chip.
- To aid in healing a new piercing, sea salt soaks once a day should be sufficient. If your piercing is irritated, increase sea salt soaks to 2-3 times per day until the irritation subsides.
- If your piercing becomes irritated as a result of sea salt soaks, you are probably using either the wrong kind of salt or have made your solution too strong.