

# ALL ABOUT TOPICAL MAGNESIUM

Here's all you need to know about your transdermal magnesium spray options, so you can get serious about reversing your magnesium deficiency! Find a spray below that works for you, and make sure you use it daily, around 20 sprays per day. *Disclaimer: This content is not intended to diagnose or treat any disease, or as a substitute for medical advice. Please consult with your advising physician before starting any treatment for a medical condition.*

## DIY MAG-A-HOL:

Mag-a-hol is a topical magnesium spray you can make at home using magnesium chloride flakes and alcohol. The alcohol base is said to increase the absorption rate for optimal results. For those with who are pregnant or have sensitive skin, this might not be the best choice, so please check with your healthcare practitioner.

### ALCOHOL MAGNESIUM OIL SPRAY:

1 cup cheap vodka  
1 cup magnesium chloride flakes ([where to find magnesium flakes](#))  
10 drops essential oil of your choice (optional)

### PROCESS:

- 1) Pour vodka in a mason jar.
- 2) Add magnesium chloride flakes and put on the lid.
- 3) Shake vigorously, and then let stand for 10 minutes or so. Repeat until all the magnesium chloride has dissolved.
- 4) Add essential oil if desired and pour into a spray bottle.
- 5) Spray about 20/sprays per day to the stomach and/or back area.

NOTE: Discontinue immediately if you have any skin irritation or adverse reactions.

## DIY MAGNESIUM SPRAY:

### MAGNESIUM OIL SPRAY WITH LAVENDER:

1/4 cup filtered water  
1/4 cup magnesium chloride flakes ([where to find magnesium flakes](#))  
1/8 teaspoon Lavender essential oil ([where to find essential oils at wholesale prices](#))  
Glass bottle

### PROCESS:

- 1) Heat water, just before boiling point.
- 2) Remove from heat and add the magnesium chloride flakes (not epsom salts, they will not work).

- 3) Add 1/8 teaspoon Lavender essential oil.
- 4) Let cool and place in a glass spray bottle.
- 5) Use magnesium oil at bedtime or after a bath to get some transdermal magnesium.
- 6) The magnesium oil spray can be washed off (if you want) after letting it soak in for about 20 minutes.

## STORE BOUGHT OPTION:

You can find magnesium chloride spray or magnesium lotion (my favorite) on Amazon [here](#).