



Unraveling the Mystery of Low Magnesium: Causes, Effects, and Solutions

BY [MERCEDDES DIANE GRIFFIN FORBES](#) MARCH 13, 2024

Baths and Topical Applications: Epsom salt baths and magnesium oil are alternative ways to absorb magnesium through the skin, offering relaxation benefits and potentially boosting m levels. [Reveka Skincare's Tea Tree + Peppermint Body Bar](#), made with magnesium chloride from the Ancient Zechstein Seabed, is a notable example of a top-quality topical product.