

National Institute on Drug Abuse (NIDA) Bath Salts Facts



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Photo by [DEA](#)

Bath salts are illegal drugs that get people high. People make them with chemicals like ones found in the khat plant, which grows in many parts of the world. Illegal bath salts are not related to products like Epsom salts that people use for bathing.

Bath salts are a white or brown crystal powder. They are sold in small packages with a warning that says you are not supposed to eat them ("not for human consumption"). Sellers use this message to confuse the police, and to hide the fact they are drugs.

People usually swallow, snort, smoke, or use a needle to inject (shoot up) bath salts.

Some names of bath salt products are:

- Flakka
- Cosmic Blast
- Ivory Wave
- Vanilla Sky
- White Lightning

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Signs of Bath Salt Use

The high that people can have when taking these drugs is like having a lot of energy. You might feel very friendly toward other people and talk a lot. But bath salts can also make you dizzy, afraid, and violent. You might see, feel, or hear things that you think are there when they're really not. You can start to think about ending your life.

Some people end up in the emergency room or even die after taking bath salts. The risk is highest when people snort or inject the drug.

NEXT: [Effects of Bath Salts on Brains and Bodies](#)

Effects of Bath Salts on Brains and



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[knape](#) Bath salts can make you feel sick and start to sweat.

These are just some of the problems bath salts can cause:

You Feel Sick

Bath salts can cause nosebleeds and make you sweat. They can also make you lose sleep and throw up. They can also make you very thirsty.

You Don't Act Like Yourself

Some people who take bath salts can become extremely annoyed and violent.

Muscle Breakdown and Kidney Failure

Bath salts can make your muscles weaker. They can also make your kidneys stop working, affecting how you go to the bathroom.

Heart Attack

Bath salts can cause your heart to beat faster and your blood pressure to go up. This can give you a heart attack, which could lead to death.

HIV/AIDS, Hepatitis

Sharing used needles to inject bath salts can give you HIV/AIDS or hepatitis (a liver disease).

Overdose

An overdose happens when a person uses enough of a drug to have a very bad reaction or death. People overdose on bath salts because they take too much of the drug. You can die from a bath salts overdose.

Addiction

You can get addicted to bath salts. Over time, it can change the way your brain works. If you suddenly stop using bath salts, your body can get confused and you can start to feel really sick. This makes it hard to stop. This is called addiction.

When the high goes away or if you are trying to quit, you might:

- feel depressed or anxious
- get the shakes
- have problems sleeping

- have mental problems, like believing people are out to get you
- have strong cravings to use bath salts to feel good again

Fortunately, counseling can help someone with a bath salts addiction.

Even if you get treatment, it can be hard to stay off the drug. People who stopped using bath salts can still feel strong cravings for the drug, sometimes even years later. It is best to never start using them.