



# Bath Salts

At a  
Glance



## What is it?

- ◆ Though the name sounds harmless, bath salts contain dangerous synthetic (man-made) stimulants that carry the risk of easy overdose, hallucinations and death
- ◆ “Bath Salts” are an emerging family of drugs containing one or more synthetic cathinone, an amphetamine-like stimulant found naturally in the khat plant
- ◆ Chemically, bath salts are similar to other amphetamines such as methamphetamine (meth) and MDMA (Molly or Ecstasy)
- ◆ Bath Salts take the form of a white or brown crystalline powder and are sold in small plastic or foil packages labeled “not for human consumption”
- ◆ Effects on the human brain are not yet fully known because the drug is new and some contents are unknown, using them in any way is highly dangerous



## How is it used?

- ◆ Taken orally (swallowed)
- ◆ Inhaled
- ◆ Snorted through the nose
- ◆ Injected with a needle

## What are the side effects?

*Because bath salts are still a new and emerging drug, the full effects and risks are still unknown, some commonly reported reactions include:*

**Short Term:** Rapid heartbeat, high blood pressure, chest pains, agitations, hallucinations, extreme paranoia, aggressive behaviors, delusions, nosebleeds, excessive teeth grinding, involuntary eye movement, nausea, vomiting, chest pains, heart attack, headache, seizures, brainstem herniation (increase pressure inside skull that can cause death)

### Long-Term:

Bath salts are a relatively new drug, so it's hard to know the full range of long-term effects, but they seem to have many similarities to the use of methamphetamine (meth), MDMA, and LSD. Taking a lot for a long time can lead to emotional and physical “crash like” feelings of depression, anxiety, and intense cravings of the drug. Other long-term effects include; kidney damage and failure, liver damage, breakdown of the skeletal muscle tissue, brain swelling, brain death and death

*Because bath salts contain amphetamine-like chemicals they are likely to carry risk of stroke, heart attack, and sudden death*

*Most bath salts contain other, unknown ingredients with hidden dangers unknown to the user and there is no way to know what is in a dose other than testing it in a lab*

## Street Names

- ◆ Bloom
- ◆ Cloud Nine
- ◆ Vanilla Sky
- ◆ White Lightning
- ◆ Scareface
- ◆ Lunar Wave
- ◆ Flakka
- ◆ Ivory Snow
- ◆ Ocean Burst
- ◆ Stardust
- ◆ White Knight



## Did You Know?

- ◆ Reports of severe intoxication and dangerous health effects associated with use of bath salts have made these drugs a serious growing public health and safety issue
- ◆ The synthetic cathinone products are marketed as “bath salts” to evade detection by authorities and should not be confused with products such as Epsom salts that are sold to improve the experience of bathing
- ◆ Sometimes bath salts are marketed as “plant food”, “jewelry cleaner”, or “phone screen cleaner”, they are sold online and in drug paraphernalia stores under a variety of street names
- ◆ In 2012, President Obama signed a legislation making certain bath salts illegal, along with other manmade drugs often sold as marijuana substitutes (like Spice), although the law bans certain bath salts, manufacturers of the drugs respond by making new drugs different enough from the banned substances to get around the law

Jackson County  
**Substance Abuse Prevention Coalition**  
DrugFreeJackson.com

**Information From:**  
National Institute on Drug Abuse  
Above the Influence  
Centers for Disease Control and Prevention