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WELLBEING

“I tried the ‘salt-stomping’ trend, and it made me question everything about my sleep routine”

BY FIONA EMBLETON 22 HOURS AGO



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The salt-stomping trend is going viral on TikTok, promising to reduce stress and boost sleep. But does it really work? One writer tried it to find out.

“Are you baking something nice tonight?” the cashier asks brightly. “Um... yes,” I mumble, unsure how to tell her that the baking tray is for me to stand in. Salt stomping has taken over my FYP recently. Videos of content creators standing barefoot on a tray or in a cardboard box lined with sea salt for 10 minutes are going viral, not least because of the benefits touted in the captions: improved sleep! Lower cortisol levels! A calmer nervous system! The baking tray is there to ensure I don’t get sea salt wedged into the grouting of my bathroom floor (salt stomping can be messy, as I found out the first time I poured salt on a sheet of tin foil).

The idea is pretty simple: with the baking tray neatly placed in front of the sink, I do my nightly skincare routine and brush my teeth, all the while gently stomping my bare feet and wriggling my toes on the salt. The sensation isn’t unpleasant: it reminds me of the moment you get to the beach, throw off your shoes and squish your toes into dry grains of sand. I then head to bed – so far, so good.