

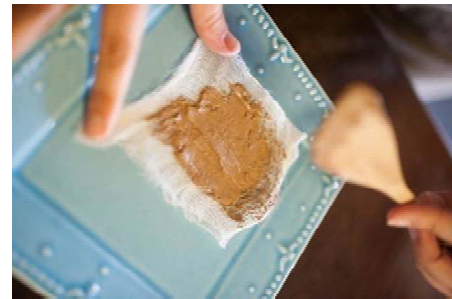
How to Apply a Clay Pack



1. In a glass dish, using a wooden spoon or tongue depressor, mix enough clay with warm water to form a paste; add the clay to the warm water until it is a consistency similar to creamy peanut butter. Prepare enough to cover the area to be treated in a thickness of approximately 1/8 inch. Do not use metal spoons or spreaders.



2. Spread (with the same wooden utensil) the warm clay onto a piece of clean, natural, porous cloth (i.e. muslin, cotton, flannel, wool) large enough to cover the area being treated.



3. Lay prepared clay pack directly on top of area being treated. Cover cloth backing with plastic to protect clothing or bedding, if necessary.



Note: In cases where applications are needed over large areas of the body and/or applied 2-3 times daily, a disposable pad such as a cotton/plastic "incontinent" pad may be cut up and used.

4. Tape in place (light bandaging tape works well) and leave on overnight or until dry, approximately 4 hours. If the clay is very moist or well-sealed it may not dry.

5. Peel and remove clay when solid and dry. To further clean skin, dampen clay and gently rub area treated with a cold wet cloth.



6. If possible, use latex gloves when removing clay, to avoid reabsorbing any toxins through the pores in skin.
7. Place used clay in a closed container, and dispose of it in the rubbish, to avoid further contact.
8. Repeat process as needed.

