

INSTRUCTION FOR CLAY FOOT BATHS

READ THESE INSTRUCTIONS THOROUGHLY BEFORE BEGINNING. Advance preparation will ensure a smooth transition of events and greater relaxation during the bath. Set aside several hours where you will really enjoy this experience. Try to avoid any aluminum or tin implements for the preparation. You will need to have on hand:

- **Clay Detox Bath Formula of your choice**
- **Rubber gloves or vinyl gloves**
- **A timer or clock**
- **A small thermometer**
- **A whisk or food blender for mixing**

NOTE: Always check with your doctor if you are on restrictions or have a special health concern. People who have a heart condition, have high blood pressure, are taking prescription medications, or are pregnant should consult with their doctor before taking any clay baths.

Contra-Indications and Cautions

The special clay foot bath may remove some minerals/vitamins, and electrolytes from the body. If you are in a depleted condition, please replenish before and after taking a clay pack. **This clay is not for internal use!** In heavy toxin elimination of chronic conditions, some NORMAL symptoms may occur which are: nausea, light-headedness, or fatigue. Take less amount of the clay for the feet bath and less time having the feet in the water. Activated charcoal, found in most health food stores, is known to neutralize toxins/poisons.

Restrictions

If you are elderly or extremely toxic and/or ill, a full bath is not advised. The foot bath or packs are suggested. Complete clay baths may be done by the healthier person.

Guidelines for Foot Baths

For foot baths, the suggested amount of LL's Magnetic Clay is 1 to 2 cups in the foot bath for 10 to 40 minutes. For chronic and acute illness, always check with your doctor and use smaller amounts (i.e. 1/2 cup for 10 minutes); then gradually work up to 1 cup for maybe 20 minutes. For healthier people, use 1 cup and work up to 2 cups, staying 15 or 20 minutes the first time and working up to the 40 minutes. Wait an hour after eating before using the clay procedure.

Foot Bath Instructions

Put the clay in a hard plastic bucket that is not aluminum or tin. Fill the bucket one-half full of water (temperature 100 to 102 degrees). Add the clay formula slowly and mix in with a whisk (avoid breathing in any clay mist) until all the lumps are mixed smooth (3 to 5 minutes). Soak your feet in the clay water, setting your timer.

After the allotted time of soaking, remove feet and clean with warm water. Add the CDA's (clay dissolving agents) which helps to dissolve the clay and neutralize the toxins to enable the used clay water to go down the drain or poured outside (if using a drain, you will need to pour through the Drain/Guard or Hair Trap found at a local hardware store). Moisturize the skin. Dress warmly until pores close. Drink plenty of water, juices, and teas to boost your energy and digestion. Do not touch "toxic clay" with bare hands. Removal of clay without vinyl or plastic gloves may cause chemical burns and re-absorption of viruses, bacteria, and fungus.

INSTRUCTION FOR CLAY PACKS

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- **Rubber gloves or vinyl gloves**
- **A timer or clock**
- **A small thermometer**
- **A whisk or food blender for mixing**

Precaution

As always, if under a doctor's care or on medication please check with your professional therapist or doctor. Clay baths are not suggested for persons with heart problems, high blood pressure, or pregnant women.

Contra-Indications and Cautions

The special clay foot bath may remove some minerals/vitamins, and electrolytes from the body. If you are in a depleted condition, please replenish before and after taking a clay pack. **This clay is not for internal use!** In heavy toxin elimination of chronic conditions, some NORMAL symptoms may occur, which are: nausea, light-headedness, or fatigue. Take a lesser amount of the clay for the foot bath and less time having the feet in the water. Activated charcoal, found in most health food stores, is known to neutralize toxins/poisons.

Restrictions

If you are elderly or extremely toxic and/or ill, a full bath is not advised. A foot bath or packs are suggested. Complete clay baths may be done by the healthier person.

Guidelines for Clay Packs

For clay packs, the recipe is 2 cups of clay formula mixture to approximately 6 cups of warm water makes a moist and pliable clay to work with. Place the warm water in a large bowl and gradually mix in the clay/herb/spice mixture. The suggested amount of time for packs is from 10 minutes to 40 minutes. LL's Magnetic Clay needs to be applied 1 to 3 inches thick. The thicker that it is applied, the deeper it penetrates.

Pack Instructions

Packs may be done on all parts of the body. Add the clay formula slowly and mix in with a whisk (avoid breathing in any clay mist) until the clay/spices/herbs are well mixed. Apply on the area of the body (very warm), covering with plastic wrap and hot towels and covered with dry towels to keep the area warm. Set the timer for desired time and re-wet the towels in hot water every 5 to 10 minutes.

When finished, remove the clay and put it in a garbage bag. Wash off the area where the pack was done. Moisturize the skin. Dress warmly until pores close. Drink plenty of water, juices, and teas to boost your energy and digestion. Do not touch "toxic clay" with bare hands. Removal of clay without vinyl or plastic gloves may cause chemical burns and re-absorption of viruses, bacteria, and fungus.



Personal Home Care Products

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