



# Living Clay

from

[ClayHealing.com](http://ClayHealing.com) / [NaturesClay.com](http://NaturesClay.com)

## Living Clay for Facials & Body Wraps

Living Clay (325 screen mesh Calcium Bentonite Clay) has a strong drawing power making it popular for facials and body wraps. With one use you will notice it cleans the pores, tightens, softens, exfoliates and firms the skin. You just have to use it to appreciate the difference it has over other muds and clays.

I recommend a medium to light coating of the clay over the face and neck area or the whole body if doing a body wrap. It does not need to be applied real thick. Allow it to dry 15-20 minutes. Apply warm wet towels to loosen the clay on the face and neck, and then wash the clay off thoroughly with Living Clay Handmade Soap. For a body wrap leave on the body until dry. (You may wrap up in a sheet if you like.) Drying outside in the sun is perfect if possible (Bikini required in public!) Then jump in the shower and wash off. Your skin will feel soft and firm.

In some cases the complexion will appear red for a few minutes. The clay has successfully done its job and has pulled circulation to the area, which aids in healthy rejuvenation of the new skin. Depending on the sensitivity of the skin the clay can be used 2-3 times a week or as needed. Once a week is a good maintenance if you have no significant skin problems and just want to tighten, firm and soften.

### Instructions for mixing hydrated clay from powder:

Mix 1 part powdered clay to 3 parts water in a Tupperware type bowl or dish. In the bottom of the tub spread one part of Clay evenly. Pour in 3 times that amount of water. (Do not use metal bowls or utensils.) Let stand for about 24 hours. Using this ratio, one pound of powder will yield four pounds of hydrated Clay. When clay has been properly prepared, it will form a cohesive whole, and will actually resemble a gelatin substance in that it will have a noticeable bounce or vibration to it.

**[ClayHealing.com](http://ClayHealing.com) / [NaturesClay.com](http://NaturesClay.com)**

10418 Ives St. Bellflower, CA 90706 ~ (562)867-3230 ~ email:[info@ClayHealing.com](mailto:info@ClayHealing.com)