



## Clay Baths

Because the body detoxes through the skin, clay baths are becoming more and more popular in drawing out impurities and cleansing the skin. In *Energy to Heal*, Wendell Hoffman, concluded that optimum results for clay baths are obtained by immersing oneself in a tub of very warm water mixed with a very pure Bentonite clay for 20 minutes. Not just any clay will do. It is crucial to use "clean natural clay".

One of the most amazing effects of clay baths in particular is the ability of the clay to stimulate the lymphatic system. The more clay that is used in the therapy, the more powerful the response. Sprinkle 2 cups or more of powdered clay into the bathtub and then run very hot water over the clay. Use a whisk to stir the clay around and to help it dissolve. After it is mixed well start adding cooler water until the water reaches the desired temperature. Submerge as much as possible and soak for 15-20 minutes.

Another option is to take 2 to 4 cups of liquefied Bentonite and put it into the bath water. Rinse off after bath with clear water, shower or use a good body lotion after your clay bath to avoid dry skin.

To mix the liquid clay use 1 part dry powder clay to 8 parts of water in a plastic or glass jar with a plastic lid. Combine the clay with half the water and shake vigorously for 5 minutes. Add remaining water and shake again. Let stand over night and continue shaking until a smooth blend is attained.

Run lots of water to rinse the clay out of your tub. Or use the clay water to water your plants. They will respond colorfully to the added trace minerals.

Clay baths using one to two cups of powdered clay or two to four cups of liquid clay are also good for soaking tired, sore muscles.

For more information on the benefits of Clay and it's many uses, we highly recommend Perry A~'s book, *Living Clay* and the website [www.AboutClay.com](http://www.AboutClay.com).

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**Apex Bentonite Clay - [www.ApexBentoniteClay.com](http://www.ApexBentoniteClay.com)**

306 E. 5<sup>th</sup> St., Haven, KS 67543 - (316) 461-0038 - [Info@ApexBentoniteClay.com](mailto:Info@ApexBentoniteClay.com)