



Mixing Instructions for Living Clay®

When hydrating clay it is important that the clay has room to breathe as it swells and expands.

Hydrating Living Clay for Face & Body applications: The ratio for Hydration is 1 part dry clay to 3 parts water. For example, for 1/2 cup of Living Clay Powder add 1 1/2 cups of water.

While there is not one single method for preparing hydrated clay, our experience suggests the following methods:

Small Batch (for 2 cups or less):

Using a plastic or glass container with a non-metal lid, mix 1 part clay to 3 parts purified or filtered water. Cover and shake vigorously for 1 minute or until all lumps are gone. Open the cover and allow it to breathe for 10-15 minutes until fully hydrated. Then cover and keep in a cool dry place.

Large batch (for 2 cups or more):

Using a plastic or glass bowl add 1 part clay to 3 parts purified or filtered water. Next, use an electric mixer with stainless steel beaters to mix the clay and water. Let the clay set for 1 hour lightly covered allowing the clay to breathe. Repeat the beating process until the clay is smooth and creamy and reaches the desired consistency. Allow the clay to sit for an additional 10 minutes uncovered before bottling. Do not leave the beaters in the clay when the mixer is not in use.

The end product will be a creamy, smooth, pudding-like substance. By holding the container in one hand and tapping it with the other hand one should be able to feel a "bounce" to the clay. The consistency can be easily adjusted by adding more powdered clay or water until personal preference is achieved.

Preparing Living Clay powder for a liquid consistency: The ratio is 1 part dry clay to 8 parts water. For example, 1/4 cup of Living Clay powder clay to 2 cups of water.

Suggested method:

Using a plastic or glass bottle with a plastic cap mix 1 part clay to 8 parts purified or filtered water. Shake vigorously for 1 minute. Let it set for 15 minutes with the lid off to allow the clay to expand and breathe. Repeat the shaking process again allowing the clay to breathe. Always shake before using. The consistency can be easily adjusted by adding powdered clay or water until personal preference is achieved.

To detox use 4 cups of liquid clay or 2 cups of Living Clay Powder per hot bath and soak 20 minutes.

Living Clay uses: Clay Masks and Full Body Wraps increase circulation, exfoliate, deep cleanse, and remove impurities and excess oil from the skin. Clay Baths both detox and stimulate the lymphatic system.

Apex Bentonite Clay - www.ApexClay.com

306 E. 5th St., Haven, KS 67543 - (316) 461-0038 - Info@ApexClay.com