

## Blessed Earth®

**Therapeutic-Grade** 

# **Detox Clay Bath**

USP-NF Premium Sodium Bentonite Clay Powder

Pulls pollutants into the tub and absorbs them like a sponge!

Strongest Pulling Power
Safe and Effective
Easy to Use



NET WT. 64 oz (4 lbs) (1.81 kg) Good for approx. 5 - 15 Baths

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**Detox Clay Bath** 

### INSTRUCTIONS FOR TUB USE

- 1) Measure out  $\frac{1}{2}$  2 cups of dry clay powder, and put aside. Sensitive individuals should use less clay powder and/or stay in the bath for less time.
- 2) Secure tub stopper and begin running hot bath water. As water is running, sprinkle the dry clay powder over the surface of the water near the water spout. Using a non-metal stirring utensil, thoroughly mix the clay into the water.
- 3) For best results and to avoid any clumping, allow the clay to hydrate for 5-10 minutes before getting in the tub.
- 4) Add more hot water if necessary and stir again to break up any remaining clumps. Temperature of the bath water should be comfortably warm, but not too hot (100-102 Degrees F).
- 5) Carefully get into the tub, as the clay may be slippery, and submerge as much of your body as possible for 10 20 minutes. Start with less clay and less time for the first couple of baths, increasing the amount of clay and/or time in tub with subsequent baths, as desired.
- 6) After bath, no need to rinse off, just dry and moisturize, if desired.
- 7) Drink plenty of water, or an electrolyte drink after bath.
- 8) Clay baths may be taken 1-3 times per week.

WARNING - Possible Reactions To Clay Baths
Use of clay bath can result in detox reactions such as
fatigue, nausea, skin rashes, or vomiting (rare). If any
of these symptoms occur, remove yourself from tub
immediately. Symptoms should pass within half an
hour.

**Ingredients:** 100% USP-NF purified sodium bentonite clay selectively mined from the mountains of Wyoming, USA with no added fillers, binders, emulsifiers, or ANY chemicals.



Manufactured and Distributed in the USA by:
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### IN A CLASS OF ITS OWN!

- Highest cation exchange capacity (89-107 meq) of any bathing clay on the market; for maximum pulling power of environmental pollutants and contaminants from the body through the pores of the skin.
- Smallest particle size which equals the highest absorption of impurities (up to 15 times), when hydrated.
- Gentle, fast and effective detox support, without having to process impurities through the internal organs of elimination.
- Non-clumping clay, when used as directed.
- Purified clay which is guaranteed to be free of bacteria, yeast and molds.
- Disperses easily in water due to its small particle size.
- No special mixing equipment or drain guard required.
- Easy clean up and won't stain the tub.
- Safe for septic systems if clay is lump-free when draining.

### **CAUTIONS**

- Read instructions prior to use
- Do not inhale clay dust directly. Use of a dust mask is recommended when measuring and stirring the clay.
- Do not use in jacuzzis, hot tubs, or jetted spa tubs.
- Store unused clay out of reach of children.
- Clay baths may be slippery. Use caution when entering or exiting the tub.
- Not recommended for those who are pregnant or nursing.
- This product is intended for EXTERNAL USE ONLY. However, if clay water is accidentally ingested, it is not dangerous.



Scan QR Code for More In-Depth Instructions and FAQs ▲ WARNING: This product can expose you to chemicals including Crystalline Silica, which is known by the state of CA to cause cancer and/or birth defects or other reproductive harm. For more information go to www. p65warnings.ca.gov.

#### Explanation of Prop 65:

Our bentonite clay baths are 100% safe. Clay powder contains quartz (crystalline silica) which with prolonged inhalation from occupational sources, can cause lung cancer in humans. Use of a dust mask is recommended when preparing a clay bath.