



Using and Mixing Living Clay

While there is not one single method for mixing clay and water, our experience suggests the following methods:

The ratio for making a Cleansing Clay Mask is 1 part dry clay to 3 parts water. This is also referred to as hydrated clay. For example, add 1 1/2 cups of water to 1/2 cup of Living Clay® Detox Powder. Use a glass, ceramic or food grade plastic container with a non-metal, air tight lid. 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. Cover and keep in a cool place out of direct sunlight.

For larger batches:

Using a plastic or glass bowl, add 1 cup of dry clay to 3 cups of water. Next, use an electric mixer to mix the clay and water until smooth. Use care as it will splatter. Let the clay set for 1 hour lightly covered, allowing the clay to breathe. Repeat the mixing process if necessary until the clay is smooth and creamy and reaches the desired consistency. Next, put the clay into a glass, ceramic or food grade plastic container with a plastic lid. Do not leave the beaters in the clay when the mixer is not in use and wash the clay off immediately. Keep in a cool place out of direct sunlight.

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® Detox Clay Powder for a liquid consistency: The ratio is 1 part dry clay to 8 parts water. For example, ¼ cup of Living Clay® Detox Clay Powder to 2 cups of water.

Suggested method:

In a glass jar or plastic bottle with a plastic cap, add selected amounts of clay and 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. Some residue will remain in the bottom. The consistency can be easily adjusted by adding more powdered clay or water until personal preference is achieved. Keep in a cool place out of direct sunlight.

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. Liquid Clay can be used for foot soaks. For more information on the benefits of Clay and its many uses, we highly recommend the book, *Calcium Bentonite Clay, Nature's Pathway to Healing*, and the website www.BentoniteClayInfo.com.

For ease of mixing, use a blender. Put water in first, then powder and then blend for approximately 1 to 2 minutes on high (starting on low and increasing to high). Once blended, transfer to storage container and let it breathe for approximately 15 minutes. Then put the lid on and set aside until ready to use. Be sure and rinse the blender thoroughly, removing any clay off the metal blades to avoid them from tarnishing.

Nature's Cleansing Clay ~ www.NaturesCleansingClay.com

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