

Clay Therapy



Argiletz Clay's are therapeutically mined from the Argile region of France and comply with Industry standards. We do not recommend clay gathered from your garden or from your local pottery supplier

Clay is a most powerful agent of physical regeneration. Ancient Greeks used clay in the treatment of fractures; Clay can be green, red, pink/rose, yellow or white. Each one has its own properties. The colour of the clay is determined from the depth of the earth from which it is taken. Clay contains silica, iron, calcium, magnesium, sodium and potassium and many more trace elements that we do not find in our lands today, clay can also be taken internally and should you wish to please consult your naturopath to see how it may help.

- **Green clay** The most drawing of all clays. In skincare, Green Clay can be used as a facial mask as it cleanses, exfoliates, smoothes and softens the skin. We have found it to be very useful for Mastitis
- **Red Clay** Helpful for broken capillaries and bags under the eyes, revitalising and cleansing
- **Pink Clay** Tissue firming and ideal for sensitive skin
- **Yellow Clay** Great for sun damage may also be helpful for Psoriasis and eczema
- **White Clay** Great for Sensitive skin and for hands, can also be used as a hair pack prior to Shampoo to alleviate itchy scalp conditions. Also can be used as a natural Talcum Powder for baby skin. We have also found it can help relieve the pain of **Shingles and chicken pox**

Directions for use in Skincare Mask preparation: mix 1 teaspoon of clay with 1 teaspoon of tepid water in a glass/porcelain bowl, mix to a smooth paste. (For a thicker paste add more clay.) Apply to neck area just under the chin and the face avoiding the eyes and lips. Leave to dry for 10-20 minutes to allow clay mixture to draw out impurities from your skin. Rinse off thoroughly with tepid water. Can also be applied all over the body.

Recommended reading:

The earth on which we live-Marijke Vogel Vogel And Vogel

The healing power of clay- Raymond Dextreit

The Clay cure- Ran Knishinsky Healing Arts Press