

Canadian Moor Mud:

1. Use 3.2 oz in a normal size tub up to 4 oz in a large tub for bathing.
2. Adding hot water, get into tub when half full
3. Fill tub and relax for 20 to 25 minutes.

Note: Normal temperature of the water is 110 °F. For people with high blood pressure or heart problems, water temperature should be approximately body temperature, around 98 °F.

4. After bathing, do not rinse.
5. Rest for one hour.

For optimal results, 2 baths per 5 weeks is recommended.

For foot or hand partial bath, add 1 oz to water. Customize baths by adding essential oils.

For Body Wraps or Compress:

1. With a 2 inch body mask brush, a gloved hand or 6 inch plastic rectangular spatula, apply a generous layer of warmed-not in microwave-Moor Mud on the body or areas to be treated.
2. Cover the area with a plastic wrap, a space blanket and cocoon with a pre-warmed wool blanket for 30 minutes to one hour. In addition, cover head for added warmth.
3. Shower, bathe or remove with a spatula and warm towels.
4. For optimal results, combine with a Canadian Moor Mud Bath.

Ingredients: 100% Canadian Peat Moor

Indications: Arthritis, bursitis, tendonitis, fibromyalgia and skin problems.

Can be used in whirlpool baths and therapeutic baths.