

**Sedona Mud**

A reddish-brown clay from the Southwest, Sedona clay is rich in iron and ideal for drawing out impurities to detoxify without dehydrating. It's also good for improving circulation.

**Ingredients**

Water, Carageenan, Sedona Powder, Bentonite, Kaolin, Glycerin, Laminaria AQ, Sea Salts, Grapefruit Essential Oil, Lime Essential Oil, Jasmine Essential Oil, Armoise Essential Oil, Lemongrass Essential Oil, Methylchloroisothiazolinone and Methylisothiazolinone.

**Application:**

Slimming and detoxifying treatments. Also good for nourishing, toning, and promoting healthy radiant skin.

**Benefits:** Nourishing and toning.

**Usage:**

Face – 1 Tbsp

Hands and Feet - 2-3 Tbsp for hands/feet and arms/legs – less for just hands or feet.

Body – ½ cup depending on body size.

---