

## VIDA BLUE

### 100% NATURAL BLUE RAINFOREST CLAY

### 'HEALING CLAY'

#### INSTRUCTIONS FOR USE

##### **1. Storage:**

Always keep blue clay in water, so it doesn't oxidize. I normally place it in large tupperware containers with good seals on the lids. I keep the clay in a dark cool place or it can be placed in a refrigerator.

##### **2. Preparation for Topical Use (ON THE OUTSIDE OF THE BODY):**

Take a strainer and place a small amount of clay in the strainer so the liquid falls through the strainer into a bowl. The clay that remains in the strainer should be thick and like paste, this is what you use for treatments on the body and face. The liquid that falls through can be placed back in the storage container.

Place the thick clay in a smaller container (I use Gerber jars – baby food jars) or you can use a small bowl, since you'll be using the clay right away, or within a day or two after you strain it.

##### **3. Application for Topical Use:**

Once the clay is strained and in the jar or bowl, add a very small amount of water so that the clay spreads easily on the face or body. You don't need to place a thick layer of clay on the body, as a thin layer will work well and you can make the clay last longer for multiple clients. You want to get the clay to have a consistency like fresh cream.

## **Facials:**

Apply the clay on the face starting from the forehead first. Apply it as though you are painting the person's face and make sure the clay covers their entire face, even the cracks between the nose and under the eyes. Once you apply the clay, wait 30 minutes until the clay is fully dry before removing it. There are two ways to remove the clay:

1. Exfoliation and Wash
2. Wash Only

I prefer the exfoliation and wash method, since the exfoliation removes dead skin cells and layers. To exfoliate, wait until the clay is completely dry (it will be light blue or light green) and then gently with your fingers, rub the clay off the client's face using small circular movements (como lijar la cara con las manos y debos para que la arcilla se hace polvo). Please keep in mind that if you choose this option, you will create clay dust (polvo) and you should do it somewhere in your salon where you can easily clean it up after. Once you have rubbed off the clay from the client's face, their face will be light blue (they will look like Krishna!). :) At this point, you can rinse their face off with cool water. Use a towel to dry the face and apply any facial creams or leave natural.

The Wash Only method is basically to rinse off the client's face with the dry clay on their face. This method will require more effort to rinse the clay off, and wont provide the exfoliating benefits.

## **Body Treatment:**

Same instructions as Facials, however, with the body treatments, you may want to exfoliate them in the shower or somewhere outside where the clay powder wont make a mess inside.

You can also use the clay on specific parts of the body or where the client has any rashes, skin infections, bug bites, sun burns, etc.

## **INTERNAL USE:**

Blue clay can be consumed to draw out metals and other toxins from the body. Use a very small amount (about the size of a raisin) and dilute it in water. Mix it well in water and drink a 12 oz glass with the clay.