

TORF NATURAL MOOR MUD

MUD BATH - HOW TO DO IT

CAUTION: Read all instructions. Serious disorders of the central nervous system, acute urethrocystitis, pregnancy, any heart condition, fever, serious inflammatory skin diseases, heat sensitivity, open skin injury, bleeding, oncoids or possible thromboses, please consult with your physician before taking a moor mud bath. If you feel too hot and dizzy while in the moor mud bath, sit up and place ice on your chest. Slowly stand up, get out of the tub carefully and lay down on your bed. If you have difficulty walking or standing up, assistance is required for this treatment to get out of the bath. This is a therapeutic treatment – not an idle bathing experience.

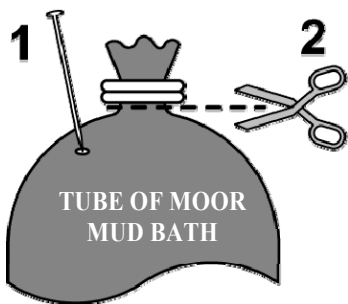
NOTE: Do not use Torf natural moor mud bath in jetted tubs. Torf Non-foaming Moor Bath Extract may be used instead. The natural moor mud may clog the jets and filters causing damage. The Torf Moor Bath Extract is safe and non-foaming.

This moor mud bath treatment is typically done in health spas or resorts. We are offering it to you so you can have the pleasure and opportunity to do it in your own home for a fraction of the price. Do not be overwhelmed by the moor mud bath directions - they seem long but they are only very descriptive and educating you on the rights and wrongs of moor mud bath therapy.

Most companies state this as directions: "Stay in hot bath water for 25 minutes. Do not rinse off. Lay down in bed for 20 minutes." We do not completely agree. More complete instructions and protocols are needed in order to get the full therapeutic effect of the moor mud bath. Our instructions protect you from getting sick, dehydrated, falling down, reabsorbing toxins and provide you with the optimal moor mud bath experience – health spa style. Please read on . . .



1. The natural moor mud bath is very therapeutic and relaxing so do not be very active afterwards. Count on one hour of laying down relaxation time post moor mud bath. Also, do not do after meals. This is necessary as blood flow increases more externally in order to cool the body, thereby taking blood away from the digestive system making one not feel well if consumed food recently.
2. Run a hot bath – not super hot but hot. You may add therapeutic salts or organic essential oils to your moor mud bath. Do not add non-organic essential oils as these become a “concentrated pesticide bomb.” Also do not use solvent extracted essential oils as these are harmful.
3. While the bathtub is filling, prepare a place to lay down and relax after the bath. Keep in mind that you probably will sweat a lot for a while after the bath, so have a suitable covers or wear ready. You need to stay warm and comfortable for ½ to 1 hour.
4. It is important that you be hydrated as you will sweat immensely. Thus, while your bath continues to run, drink warm water or herbal tea. Do not drink caffeine at this time as your heart rate will already increase tremendously from the moor mud bath.
5. Prepare a cup of warm water and put it next to the bed. Due to the amount of sweat, one must replace electrolytes. Do not drink cold water. It will shock your system.



Dispensing Torf Moor Mud:

1. Use a pin to poke a small hole into tube to release pressure.
2. Cut-off end of plastic tube near metal closing clip. Push out needed amount of moor mud.

6. How much moor mud to use? To start the treatment series, use one 250ml tube. As you progress you may want to increase the dose to two tubes especially if a large bathtub is used or when in significant pain*. For a routine light therapeutic effect, detox routine or post-workout use 1 tube. For pain, gout, sore muscles, colds, strains, flu, use up to 2 tubes per bath.
* One liter - 34 oz - tubes are available for therapists and health spas that require higher doses due to therapy requirement

7. Make sure all moor mud is dissolved. Retrieve the clump of moor mud and squish it until it is all suspended in the bath water. Get into the tub and immerse as much of your body as possible into the hot water.

10. Enjoy the experience! Remain in the moor mud bath for a maximum of 20 minutes or less if you feel you must exit. **If you start feeling light headed, get out of the tub immediately!** It is often a sign that your detox level has reached an optimal maximum for the session. Be careful getting out of the tub. You could feel very tired from the treatment. Have someone help you if you need or watch your step.

11. When finished, shower to remove moor mud particles without a soap or shampoo. This way none of secreted toxins will stay on your skin.

12. Rest for ½ to 1 hour wrapped in a bed. Make sure to avoid drafts.

13. Recommended effective long term therapy regiment is 14 baths in 21 days.

Cleaning the tub:

When your energy is back, drain the moor mud bath water. When bath water gone, rinse out the moor mud with your showerhead or a bucket of water. Once moor mud is down the drain, take a damp sponge and wipe the sides of your bathtub. The moor mud will not clog your drain and will not stain your tub. Moor mud is not clay so it is safe for a septic system.

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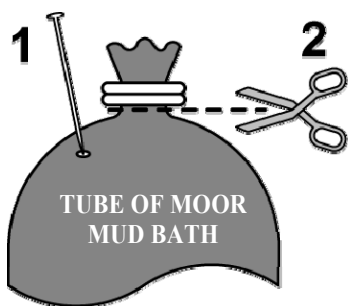
BODY WRAP - HOW TO DO IT

Torf Moor Mud is suitable for use as an additive bath or a body treatment. It can be applied in the same way as a common body wrap. Unlike many "mineral" wraps, moor mud is more active in increasing blood flow - too much heat and prolonged application may be overwhelming to some, especially people with high blood pressure who are more sensitive to body overheating. Monitoring of the client's comfort is strongly recommended. Always keep the client hydrated.

1. In a mixing bowl, mix contents of 250 ml tube of Torf Moor Mud with warm pure water (you could use green tea or coconut milk instead for additional benefits) and few drops of essential oil if desired. The substance should be smooth and creamy.
2. The client should either take off all of their clothes or you can provide them with disposable underwear. While the client is standing up, apply the paste to the entire body by brush or by hand, starting with the top of the heel, and finishing with the shoulders.
3. Help the client onto the treatment couch and finish mud application to the rest of the body.
4. Wrap the body in the cellophane foil and the heated blanket (several wool blankets also work) - (when doing compression wrap, use presoaked ACE bandages for wrapping). Allow the client to rest for 30 minutes. The client may experience sweating during this period.
5. After 30 minutes let the client to wash off the mud under a shower or use the Vichy shower.
6. A period of relaxation of approximately 1/2 to 1 hour is recommended to support the metabolism-accelerating effect. Client should be comfortably wrapped to prevent chills.
7. You can finish with giving your client a light massage using a lotion or massage oil.

Advise the client to drink plenty of water or decaffeinated immediately after and for the next 24 hours.

For a successful body detox 5-10 treatments are recommended, applied twice a week.



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