

CHARACTERISTIC OF THE CLAY THERAPY

Recent research methods have been able to demonstrate that by applying green clay to areas of the body subjected to trauma or suffering from diseases of various kinds, surprising benefits can be obtained. If moreover, in the green clay (the most effective), substances are added that intensify the effect, the results are even more evident.

Clay therapy is now in common use and the benefits are disclosed by numerous studies carried out by medical specialists.



HOW CLAY THERAPY WORKS:

the action of ion exchange carried out by the clay (absorbs the "evil" substances and yields essential mineral salts) helps to solve various problems of various kinds.

IMPORTANT:

The clay must always be thrown away after use.

Do not touch the clay with metals, but apply it with a wooden or plastic spatula.

If it is too thick and difficult to apply, you can soften it with a little cold boiled water.

It is good that when you start a cycle of applications it continues, with regularity and constancy, at least 2 or 3 days after the resolution of the problem.

GREEN CLAY COOLING PHYSIOTHERAPY

Cataplasm with micronized green clay, suitable as an adjuvant to natural therapies, for the reduction of traumas caused by sprains or muscle strains in the limbs.

The active ingredients contained in this poultice ensure that upon contact with the skin it develops intense and prolonged COLD (natural Menthol, essential Mint Oil), besides the natural Camphor and the essential oil of camphor, I allow to increase the peripheral circulation of the blood, favoring the reduction of painful symptoms



is used as a natural boulder-physiotherapy adjuvant in cases of tendinitis, sprains, edema or where the cold is beneficial

USE:

apply on the affected part a layer of product with a thickness of 1 or 2 mm widening the application at least 2 or 3 cm outside the interested part, use to spread the product a wooden or plastic pallet.

Cover the treated part: first with a transparent film (like Domopak), this not to dirty the clothes, then with a cotton bandage or with a sock, to keep the poultice positioned.

Leave it on for about 5/6 hours, then remove the plastic with the old clay (throwing it away because it is now exhausted), wash the part with water and repeat a new application, following the same procedure.

During the night, make an application before bed, starting again with the same procedure in the morning.



The product should be applied as soon as possible after the traumatic event has occurred, it is advisable to have a pack available, for immediate use, to be kept in the first-aid box.

DO NOT USE:

IN THE PRESENCE OF EXPOSED HEALINGS OR WOUNDS.
IN THE EVENT OF AN ASSESSED INTOLERANCE TO A SUBSTANCE.

It has been ascertained that, normally, the pain symptomatology is attenuated sensibly after a few hours from the first application, with a progressive disappearance in 2/3 days.

The reduction of edema occurs, depending on the severity of the trauma, already 2/3 days after the start of applications.

It is advisable to continue the treatment at least another 2 days after the disappearance of the traumatic symptomatology, to effectively complete the treatment.

INGREDIENTI: Solum fullonum (green clay) - Aqua - Helianthus annuus – Menthol - Cinnamomum canphora – Mentha Piperita - Methylchloroisothiazolinone, methyisothiazolinone - Sodium Acrylates Copolymer, Paraffinum Liquidum, PPG-1 Trideceth-6 - Sodium dehydroacetate. – Linalolo Citronellolo D-Limonene.

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