

# Bath Clean-Up Choices:

Most spas and in-house baths are using 1) **Sump Pumps or Vacuum Pumps** to pump out the clay into the toilet or other area. However, there is the option of using 2) **CDA's, our Clay Disolving Agents**. (Each set contains two packets for use with each 2 1/2 cups of clay). CDA's are also suggested for septic tanks (not suggested for commercial use). **Duck Tape on overflow drain and tub drain along with use of a Drain Guard and flat stopper** found at any large hardware store for around \$4.00 for the set. The Drain Guard as it is called at most hardware stores, is a plastic-like sieve that fits almost any drain with a large flat stopper over it. When the flat stopper is removed after the bath, the clay water goes through the Drain Guard sieve and catches any kind of clay lump that may not have been dissolved properly. If you do not have access to these we sell them for \$15.00 including shipping.

We now put in each kit a screening piece and lid to use in your tub for protection.

**Instructions for CDA's:** CDA #1 packet is a smaller packet that is put into the tub first for 10 minutes and CDA #2 (larger packet) is added into the tub after the 10 minutes, for another 20 minutes to assist in re-dissolving the clay into liquid form and neutralizing many of the toxins and assisting in the clean-up of the baths.

**Remember: In all chronic & serious conditions, check with your doctor or professional. Always go slow at first & gradually increase the amount of clay in the bath over time.**

## GUIDELINES FOR LL's DETOX CLAY BATHS

Follow the guidelines for the category that defines your personal health situation.

**It is recommended that you begin your bath series with the least amount of clay formula in each category and gradually build up to the maximum amount.**

### CHRONIC CONDITIONS ENVIRONMENTAL SENSITIVITY ALL MERCURY TOXICITY

Use 1 to 2 cups of clay  
Space your baths from 1 to 3 weeks apart  
Carefully replenish your minerals/electrolytes  
Keep your water temperature between 100-102°  
Stay in the tub no longer than 15 minutes.

### MINOR AILMENTS PAIN, FATIGUE, HEADACHES "NOT FEELING UP TO PAR"

Use 3 to 6 cups in the tub  
Space your baths from 1 to 2 weeks apart

Carefully replenish your minerals/electrolytes  
 Keep your water temperature between 102-104°  
 Stay in the tub for 12 to 18 minutes  
 CDA's (clay dissolving agents) needed.

## HEALTH MAINTENANCE AND PREVENTION AVERAGE HEALTH, ACTIVE LIFE

Use 6 to 8 cups of clay in the tub  
 Take baths once every 1 to 2 weeks  
 Replenish minerals/electrolytes  
 Water temperature 102-104°  
 Tub time-a full 20 minutes.

## CONTRAINDICATIONS AND CAUTIONS

The contraindications for clay baths are a heart condition, high blood pressure, taking prescription medicine and pregnancy. Always consult with your doctor if you are on medication, have a chronic condition or have a special health concern.

Also, if you are elderly, or extremely toxic, weak or ill, you may wish to use less clay or stay in the bath for a shorter amount of time. Perhaps a clay footbath instead of a full body bath would be appropriate for you (**See Footbath Instructions**).

These special clay baths remove toxins along with some minerals/vitamins and electrolytes. Do not take a clay bath after a heavy meal. Also, **the clay may be slippery—please take precautions**.

## CLAY BATH PROCEDURES

1...



**Check**  
 Contents of Box

5 lb. sack of clay  
 (= 10 cups),  
 pH strips,  
 2 tea bags,  
 Herb/Spice Packet, and Instructions.

**Pre-test for pH**

**Take a pH strip, put it in your mouth, and check its color against the chart.**

**If your pH is 6.0 or above, you can take a full tub bath. If your pH is below 6, a footbath is suggested.**

**See more information on pH included.**

2...



### Combine Dry Ingredients

Open the large sack of clay. Cut the Herb/Spice Packet open with scissors, and pour **ALL** the contents into the sack of clay.

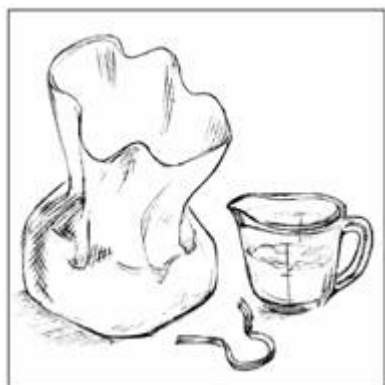


3...

### Dry Mixing

Wear a mask to avoid breathing any clay dust.

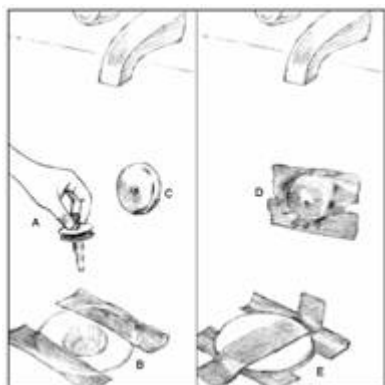
Thoroughly mix together ALL of the herbs/spices & ALL of the clay with a wire whisk in the sack, *OR* you may re-tie the sack securely and knead the sack to mix the contents.



4...

### Measuring

Measure out an amount of clay/herb mix for one bath (see Guidelines for correct amount) and set aside. Close the bag to store for your next bath.



5...

### Prepare Tub

Unscrew and remove stopper (A). Be sure tub is dry so that tape will stick.

Place the drain guard (B) into drain hole, and secure with 2 strips of duct tape. Place flat stopper (E) over the drain guard, secured with another strip of tape. Use duct tape to cover the over-flow drain (C & D).

6...

### Wet Mixing

Start filling the **prepared, taped** tub with warm (*not hot*)



water (102° to 104° F). Fill the tub with enough water to cover you.

To dissolve the clay smoothly, here are 2 methods. **Blender mixing:** Fill blender  $\frac{3}{4}$ -full with warm water. Using your measured clay mixture from the cup, take 3 TBS at a time and pour it into the blender (*too much at a time may clog your blender*). Put on the lid and blend about 10 seconds. Pour out into bath water. Repeat 3 or 4 times until the cup of clay is gone. **Whisk mixing:** Fill a bowl or pail with warm water. Slowly add clay while stirring with whisk. Mix until the lumps are smooth, and then, pour the mix into the tub).

7...

### Ears & Timer

Put cotton or earplugs in your ears if you plan to immerse your head. **Keep clay water out of eyes and nose.**

Set timer to the *appropriate time* (see guidelines).



8...

### Into the Bath

**CAREFULLY**, step into the tub (clay may be slippery).



**Some normal symptoms from toxin elimination are nausea, light-headedness, a pulling sensation from parts of the body such as the stomach, and fatigue.**

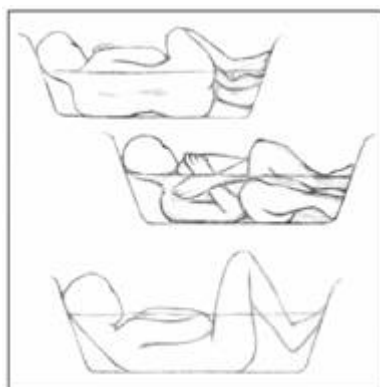
**If these occur during the bath, stop and get out of the tub. Use less clay and take less time for your next bath. The occurrence of the above symptoms means that the toxins are moving too fast. Go more slowly.**

9...

### Small Tubs

Submerge as much of your body as possible.

If your tub is small and you cannot totally immerse yourself up to your neck, then lie on one side for half the time, then on the other side for the rest of the time.



Or put your knees up and get your whole torso under the water for part of the time.



10...

### Shower & Shampoo

After the allotted time, carefully raise your body out of the clay water taking care not to slip, take a tepid shower and shampoo if you have a separate shower. **If you do not have a separate stall shower, see #11.**



11...

### Clean Tub

Take an old towel, dry off as best you can, and wrap a towel around your head. Follow Clean-up Instructions on Pg. 4 to avoid slipping.

Shower and shampoo in tub after it is clean.



12...

### Rest, Keep Warm, Drink Teas, Moisturize

Moisturizing your skin after the bath helps to relieve any resultant dryness.

Dress warmly until your pores close.

**DRINK PLENTY of WATER, and REST.**

To help boost your energy and digestion, drink the enclosed teas several times a day until the packets are empty.

**Ginger and peppermint tea powders, included in the kits, are known to give energy, improve strength and help digestion; you might take some in hot water following the bath and keep drinking the tea (over the next 24 hours) until the packet is empty.**

## HOW MANY BATHS DO I NEED?

Please check the Guidelines above. After 4 to 12 baths you will probably feel a sense of relief and well-being. But detoxification is a gradual process and you might very well benefit from a longer series of baths. Footbaths may be taken between the full tub baths.

## REPLENISHING MINERALS

Some minerals, vitamins, and electrolytes are also removed in the bath and need to be replaced immediately. We strongly recommend a balanced "green energy" product such as spirulina, blue-green algae, chlorella, or similar product as they have the majority of vitamins, minerals, amino acids, enzymes and high protein content in these products along with the ability to continue cleansing-detoxifying and building up your immune system. The herb "Cats Claw" has been known to be good for the immune system and to remove toxic metals and chemicals.

## CLEAN UP INSTRUCTIONS

· Be sure to use a "drain guard" or "hair trap" for all of the baths. If using only 1 or 2 cups of the clay formula, the use of the drain guard is probably sufficient.

· With 2 ½ cups or more of the clay formula, we highly recommend that you use the Clay Dissolving Agents (CDAs). The CDA kit contains 2 packets. After your bath, add CDA packet #1 and let it set for 10 minutes. Then add CDA packet #2, mix with a whisk, and allow the water to sit for another 10 to 20 minutes. Keep the drain guard or screening from the kit, in place when you pull the stopper to drain the water.

### **Interested in seeing how the clay changes as a result of your bath? (Do not use the CDA's!!)**

Prior to your bath, put a little of the clean wet clay mixture in a small plastic bag or on a spoon. After the bath, if using more than 2 ½ cups of clay, use a container to take water from the tub and dump it into the toilet. When there is only a small amount left in the tub, allow it to go down the drain, making certain the drain guard is securely in place. Then take a flat knife and scrape some of the residue from the bottom of the tub and put it in another small plastic bag or on a spoon. Compare the difference of the two samples. If there is still a lot of clay residue on the floor of the tub, you may use old newspapers or an auto sponge to wipe it up. Clean the tub with an environmentally safe cleanser. Be sure to flush the tub drain for a good 3 to 5 minutes with hot running water to ensure clear drainage. You're finished!

## DOES THE CLAY HAVE OTHER USES?

**Bentonite clay** is used in area packs. Mixed with water, it can help draw out infection, reduce the swelling of insect bites, promote the healing of wounds, and reduce pain.

This type of clay has great healing capacity by its magnetic "drawing power" for removing toxins. Our special type of clay formulas with specific herbal and spice enhancers create a very unique, quick, inexpensive, and natural detoxification program.

**We offer a variety of clay bath kits:**

**Environmental Detox:** for pollutants, insecticides, pesticides, vaccination poisons, industrial pollution

**Smoker's/Drug Detox:** for assistance in removing chemicals from drugs, tobacco, smoke (also used to help remove cadmium)

**Dental/Mercury Detox:** for assistance in clearing the poison of dental/mercury amalgams

**Arsenic Detox:** Arsenic is found in pesticides, industrial pollution, water supplies, etc.

**Aluminum Detox:** Found in aluminum cans, cookware, aluminum foil, antacids, automotive exhaust, American cheese, milk products, table salt, toothpaste, deodorants and many other sources

**Radiation/Lead/Acid Rain:** kit for clearing out the flu-like symptoms of radiation plus radiation, lead and acid rain.

We use the same special caly in LL's Magnetic Line of Products. Our unique Bentonite clay is also excellent for burns. Keep a jar, ready-made, in your refrigerator!

**Ask us about our Blessed Bath Line.**

Thank you for your support in purchasing our products. We are always interested in hearing about your results. Remember, all clays are not alike!

### **GET THE BEST!**

LL's Magnetic Clays –  
"Pulls Toxins Out Like a Magnet"  
1-800-257-3315 Customer Service  
Check for a Distributor Near You!  
See Instructions for Footbaths and Packs