



Clays

Additional information on A.Vogel Clays

Healing earth

The benefits of clays have been known for centuries. Alfred Vogel was convinced that, due to their mineral and vital constituents, clays could often offer a curative support to many other natural therapies for different types of affections.

A.Vogel clays are extracted from a mineral-rich soil and are not tampered with. They contain all their energy and effectiveness and are thus bio-available to the body.

What do A.Vogel clays contain?

A.Vogel clays are extracted from ancient sea floor deposits and contain natural minerals and trace elements. They are 100% natural, without additives or preservatives. All A.Vogel clays are colloidal and of surfine quality. The colloidal property acts as cleansing agent and helps to remove harmful substances from the body.

When clays should be used?

Clays may be used externally and each of them, white, grey or green, have their own properties.



Find below a brief overview:

Clay	External use
White	-Beauty mask for sensitive and dry skin -Mud bath -Baby powder -Foot deodorant
Grey	-Beauty mask for normal and mixed skin -Mud bath -Body wraps -Poultices -Compresses
Green	-Beauty mask for oily and problem skin -Mud bath -Body wraps -Poultices -Compresses

How clay should be taken?

External use:

- Always use unboiled water.
- You may prepare enough clay for several days use.
- Avoid applying clay on 2 main organs at the same time.
- Discard clay after use.
- Once treatment has begun, it should not be interrupted even momentarily.

Mixture:

Use a container of enamel, wood, glass or earthenware, do not use plastic or metal (except stainless steel).

Mix 1/2 cup (125 mL) of clay in the container. Keep some clay aside to thicken the mixture if necessary*. Add unboiled water until it forms a firm paste. Let the mixture stand undisturbed for one hour.

The resulting paste should be smooth, homogeneous, and thick enough that it will not flow.

*Begin by making a watery mix. It is easier to thicken than to thin the paste.

Water temperature:

Application: Clay may be applied cold, warm or hot.

-**Cold:** provides a cooling effect on skin for sensation of hotness, soreness and tenderness.

-**Warm or hot:** to invigorate or revitalize skin.

Heat clay in a double boiler to desired temperature. Clay should not be reheated.

Poultice:

With a wooden spoon (not metal or plastic) spread a layer of mixed clay on the cloth*. Thickness may vary from 5 mm to 2 cm.

Ideally the clay should be in direct contact with the skin, though if poultice is for application to a hairy or sensitive area a light cloth (gauze) may be placed between the skin and the clay. However, the poultice will be more effective if placed directly on the skin.

The poultice may remain in place for a few hours or all night long.

*A poultice should be larger than the area to be treated. Use a cloth of appropriate size.

Compress:

A compress is prepared from a thin paste of clay in which a cloth is soaked giving it a light coating of the mixture.

Prepare the paste in the same manner as for a poultice using more water. Before immersing the cloth, stir the paste to obtain a homogeneous mixture. Soak the cloth in the mud. Remove the cloth allowing it to drain a bit before placing it on the desired area.

The compress may remain in place for a few hours or all night long.

Body wrap:

The body wrap is prepared in the same manner as for a compress with the difference that clay is spread in a thick layer on skin.

The heated clay mixture is applied on skin and recovered with cotton-wool linen to avoid heat loss.

The body wrap may remain in place for 30 to 90 minutes.

Mud bath:

Mud bath can be taken in a trough, cask, etc. but never in a bath-tub as the clay would obstruct the drain-pipes. Mix the clay and water so as to obtain a clear paste. This bath can be used several times; each time add a little water, cold or hot, according to need.

Powder:

Clay is recommended as talc, for use as a baby powder or to deodorize feet.

Skin care:

Use as a beauty mask or for topical application to pimples, wrinkles or warts.

The paste, not too thick or too thin, will be applied in a thin layer on face (protect eyes) and kept as long as it stays humid (10-15 minutes).

To remove mask, use warm water and finish with cold water to tone skin. Find below, mask mixes:

Clay	Facial mask	Clay paste qty	2 drops of each Aromaforce essential oils	Preparation
White	Dry and sensitive	2 tbspoons	Rosewood, Orange, Clary Sage	Mix clay and essential oils. Apply to your face. Let sit for 10 minutes. Rinse.
Grey	Normal and mixed		Lavender, Rosemary, Frankincense	
Green	Oily and problem		Bergamot, Lemon, Geranium	

When should clay be avoided or be taken with precaution?

Avoid taking during pregnancy or nursing.

Keep out of the reach of children.

For more information on clay or A.Vogel products or for the retailer nearest to you:

call toll-free: 1-800-361-6320
e-mail: info@bioforce.ca
visit: www.avogel.ca



A phytotherapy correspondence course is offered by the A.Vogel Institute, please consult our website at: www.avogelinstitute.com

Pioneer in Natural Health — since 1923



In Alfred Vogel's own words:



"Nature offers everything we need to protect and maintain our state of well-being. It is up to us to find and use those treasures."