

# AROMAFLEX

*Scent for a healthier future*

## CLAYS

Clays have been used for thousands of years for a multitude of benefits because of their array of properties they contain. Clays work by drawing out toxins then bind to them through electrical charges. This pulls the toxins away and consequently can be a natural way to wash away these unwanted toxins. They can also benefit the skin with the properties they contain during application.

All clays are \$10.00 for 70gms



### YELLOW:

#### Benefits:

Ideal for sun damaged, fatigued and neglected skin. Similar to green clay but gentler.

#### Properties:

Hydrating, circulation stimulant and wound repair.

#### Recommendations:

For use in masks and wound compresses.



### WHITE:

#### Benefits:

The mildest of all the clays, suitable for young, sensitive or delicate skins.

#### Properties:

Evens pigmentation and deodorising.

#### Recommendations:

Useful in hair treatments, dusting powders and absorbing powders.



### PINK:

#### Benefits:

Great for sensitive skin, tissue firming, softening, maintenance, bruising and dry hands and scalp. Is a mix of red and white clays.

#### Properties:

Balancing, soothing, moisterising and hydrating.

#### Recommendations:

Excellent in hair and body treatments.



### GREEN:

#### Benefits:

The most absorbent of the clays it is ideal for removing toxins and tissue repair such as aiding bruising and acne.

#### Properties:

Cleansing, purifying, healing, stimulating, anti-aging and detoxifying.

#### Recommendations:

Useful in both face and body masks.

Basic Face Mask	Body Powder	Clay Compress	Hair Treatment
15g Clay (per skin type) <30ml Pure water 1 Spatula A glass or ceramic dish	30g White Clay 2-3 drops essential oil 1 Spatula A glass or ceramic dish An airtight container	15g Green clay 10ml Hydrosol <5 drops essential oil 1 Spatula A glass or ceramic dish	30g Pink or white clay <30ml Jojoba oil 1 Spatula 1 Paint brush 1 Towel A glass or ceramic dish
<b>Method:</b>	<b>Method:</b>	<b>Method:</b>	<b>Method:</b>
Add clay to water and mix until a smooth paste. Apply evenly over face avoiding the eyes. Leave for 10-15min. If drying occurs, lightly spray with water. Rinse, tone and moisturise as usual.	Combine chosen essential oils with clay in dish until no clumping remains. Store in airtight container and dust onto body areas as required. Great for sweaty, smelly feet or armpits.	Blend hydrosol to clay to form a paste. Add essential oil, mix, apply to wound / infection. Cover with gauze dressing and leave for 6 hours minimum.	Mix enough jojoba Oil with clay to make a smooth paste. Part dry hair into sections and apply using paint brush. Wrap hair in warm towel, leave for >30min, then rinse, shampoo & condition.

\* All quantities are approximate only and will vary depending on clay used.

## **BASIC RULES WHEN USING ACTIVE CLAYS:**

Clay hair treatments are not suggested on newly permed, straightened or tinted hair. Treatments are best applied before other chemical applications to condition hair.

Use only glass, ceramic, porcelain or wood bowls and wooden or porcelain spatulas when mixing clays.

Do not use hot or tap water - use only pure spring, mineral water or hydrosol.

When heating clay, place in a double bowler and apply to skin while warm. Never heat clay in microwave oven.

When clay treatment has been applied, DO NOT ALLOW TO DRY FULLY. Spritz with pure water or hydrosol to keep moist.

Clay must be disposed of after use and never stored wet or in plastic or metal containers.

For use in baths, place clay in a muslin bag or cotton pillowcase which is securely tight.

[www.aromaflex.co.nz](http://www.aromaflex.co.nz)



**100% NATURAL**

**CLAYS**