

Clay, Mud, & Poultice

Why use topical treatments

People have been applying herbs, clay, mud, and oils to skin for generations.

Since the skin is the body's largest organ. It can respond to both internal and external stimulations. It protects the body, excretes toxins, and can be an excellent source of healing for the body through absorption.

Clay, mud, and poultices help the body rebalance. Once clay, mud or a poultice is applied to the skin, it acts as a second skin.

The surface area of the application is an important factor. Great area affects a larger portion of the body.



Clay & Mud

Clay minerals come from weathered and eroded rocks. They exist as very fine particles that are less than two micrometers in size.

Recommendations for using Clay & Mud

- Avoid using anything metal with clay.
- Only use wooden or plastic spatulas or spoons when mixing clay with water.
- Do not heat clay before use.
- If you want a warm application place the bowl with the clay in a double boiler and check the temperature of the clay carefully to avoid burns.
- For internal use, start gradually. To begin let the glass with water and clay sit overnight and drink only the water at first, but not the clay settled at the bottom. (Can eat up medications).
- Do not reuse clay that you've used for a compress. It should never be re-used for healing.
- Do not keep clay in plastic containers.



Clay & mud treat the following:



BURNS



SPRAINS



**BOILS &
ABSCESSSES**



MRSA

Internal Use

- Due to the high trace mineral content, people take it as an addition to their diet. Simply dissolve 1/2 tsp of bentonite clay in a glass of water and drink it. It's a good idea to drink this about 2 hours away from food or supplements.
- Bentonite clay specifically also has mildly laxative properties.
- Loess clay (Luvus Healing Earth) is traditionally used for heartburn and acid reflux, irritable bowel syndrome, high cholesterol, and general detoxification (of toxic metals).

External Use

- As a facial mask, healing clay helps with circulation. It regenerates skin tissue to reduce wrinkles and tightens the skin.
- Depending on your skin, leave the face mask on for 5-15 mins. Then you simply wash it off. For extra exfoliation, you can first rub it over a sink and then wash it off with warm water.
- For spot treatment (such as an insect bite or one small area), you can apply a bit of clay mixed with water and cover it with a bandaid.

Types of Clay & Mud

Here are my most recommended clay/mud:



BENTONITE CLAY

Great for deep pore cleansing. So, if you have very oily, blackhead prone-skin that is always breaking out, opt for this. If you have sensitive skin, stay away from this, as it contains lead, and can be harsh.



FRENCH GREEN CLAY

A plant-based clay full of minerals, it is extremely enriching. A great skin healer, it also good for rapidly healing blemishes and pimples. Detoxifying properties, which cause infection and blemish-causing toxins to get drawn out. Heals bug bites and kitchen burns.



KAOLIN CLAY

With its mild exfoliation, it is great for sensitive skin. White Kaolin clay is the mildest and is perfect for very dry and sensitive skin. Kaolin clay is the best option for sensitive skin. If you have sensitive skin but need a bit of pore cleansing, opt for yellow Kaolin clay.



FRENCH ROSE CLAY

A type of kaolin clay, French rose clay is a pale pink clay that is not excessively absorbent. Therefore, its gentle cleansing properties are great for sensitive skin. So, you might not want to use for this one on parts of your skin which are very clogged or oily.



RHASSOUL CLAY

Very good at drawing out impurities and making pores cleaner, this clay is also great because it doesn't strip skin of all nutrients. So, make use of this if you have normal or combination skin, with a complexion that seems dull and uneven because of clogged pores.



MULTANI MITTI OR FULLER'S EARTH

Meant for oily, dull, acne-prone skin that also suffers from mild pigmentation. Use this if you need something to brighten and clarify your skin, and rejoice, for this clay is quite inexpensive!





DEAD SEA CLAY

Full of minerals that nourish and moisturise, it can plump skin and boost elasticity, so that it looks fresh, smooth, and bright. This makes it perfect for combination or mature oily skin.



RED MONTMORILLONITE

Due to its highly absorbent and clumping properties, it has many uses. It absorbs impurities, including bacteria. It has been used and eaten from ancient time till now as human believes in its therapeutic benefits.



JEJU CLAY

Jeju volcanic clay is a super absorbent, yet smooth type of clay that smoothens porous skin by drawing out excessive sebum. Try this clay if your skin is oily, and suffers from excess sebum-related build-up.



LOESS CLAY

Under its brand name "Luvos Healing Earth" it is the most commonly used healing clay in Germany. It improves one's blood circulation and metabolism. It flushes out toxins from the pores to promote skin health.

Poultices



Herbal poultices have been used for centuries with much success. The specific herbs used affect the exact medicinal properties of each poultice.



How to Make Them

- While it is best, in most instances, to use cheesecloth, organic cotton fabric, or other natural fiber.
- You can also use an old knee-high, old tee-shirt, or any other thin cloth or wool.
- What to put in the cloth, how to apply it, and for how long is going to be dependent upon the purpose of the treatment.

Honey

- Applying honey preparations directly to wounds or using dressings containing honey seems to improve healing.
- Honey seems to reduce odors and pus, help clean the wound, reduce infection, reduce pain, and decrease time to healing.
- Sugar also draws water out of bacterial cells, which can help keep them from multiplying.

Types of Poultice



POTATO POULTICE

Potatoes are able to draw out toxins and break up congestion. Great for sore throat, cough, headache, neck pain, boils, abscesses, chilliness, & muscle pain.



CARROT POULTICE

Carrot poultice is a good option for making a light compress to reduce inflammation associated with cold sores, eczema, sore throat and swollen glands. It even reduces swelling of breast tissue related to childbirth and breastfeeding.



ONION POULTICE

An onion poultice is a simple and historical folk remedy to relieve lung congestion, pneumonia, and coughs. It works against bacteria and helps your body break up mucus and congestion.





Herbal Poultice

How to make a poultice with dried or fresh or powdered herbs:

- Take desired dried herbs and combine them with just enough hot water to moisten them.
- For roots, it's best to use a powdered form.
- Simply add hot or cold water a little at a time to create a thick paste.
- Spread the paste evenly over the desired area.
- Wrap with gauze or muslin.



MUSTARD POULTICE

Applied on the chest to ease colds, coughs and congestion. Eases pain such as back aches and cramps. It also treats ringworms.