



**Range Products**  
6/138 Radium Street  
Welshpool WA 6106

Telephone: **08 9358 4448**  
Facsimile: 08 9358 4449  
Email: [rangeproducts@highway1.com.au](mailto:rangeproducts@highway1.com.au)

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# ACTIVE CLAYS

Active Clays are pure products, rich in minerals, which work in synergy to cleanse, tone and revitalise your skin and body. Imported from France, these unique, sun-dried Clays are extracted under exacting conditions to ensure that their active mineral content is retained.

*Active Clays are the natural way to well-being, beauty and vitality.*

## ***What is Active Clay?***

Active Clay is earth, rich in minerals such as silica, magnesium, potassium, calcium, iron and zinc.

## ***What Defines Quality Active Clays?***

Quality Active Clays are extracted from specific depths in areas free from contamination. The deeper the Clays' origins the higher their active mineral content.

## ***What Are The Benefits of Active Clays?***

Active Clays revitalise the appearance of the skin, hair, scalp and face and in so doing they cleanse, exfoliate, moisturise, condition and soothe.

## ***How Many Varieties Of Active Clay Are There?***

Range Products has a range of 5 Clays – Green, Red, Pink, Yellow and White – which vary principally due to the Clays' origins. The depth at which Active Clays are extracted affect their mineral content, colour and use.

## **GREEN CLAY**

The most absorbing of the Clays, Green Clay is generally used for Face Masks in cases of acneic, oily and neglected skin. Applied as a Face or Body Mask, Green Clay cleanses, exfoliates, smoothes and softens the skin. Green Clay is ideal for poultices to relieve and soothe a variety of skin conditions.

## **WHITE CLAY**

A mild Clay suitable for Face and Body Masks for young and sensitive or mature and delicate skins. White Clay is an excellent body deodorant and a natural alternative to talcum powder. White Clay is the Clay of choice for use as a Hand Mask to soothe and soften dry hands.



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## **PINK CLAY**

This clay is intended for use in a maintenance programme for the face and body. The softening effect of Pink Clay refines the skin's texture while toning the epidermis. Pink Clay is also highly recommended as a hair conditioner.

## **RED CLAY**

An oily, mildly absorbent clay, Red Clay is preferred for Face and Body Masks in cases of dry, sensitive or couperosed skin. Red Clay has a high iron oxide content that enhances the skin's condition and appearance.

## **YELLOW CLAY**

This Clay is derived from the iron oxide, Xanthoria Parietina. Yellow Clay is generally used for Face and Body Masks, particularly in cases where the condition of the skin and body needs revitalising. Yellow Clay is recommended for most skin types to restore tired and neglected skin.

## ***How Can I Use Active Clays?***

### **FACE AND HAND MASKS:**

To cleanse, exfoliate, tone and condition the skin.

Directions: Mix one tablespoon of Clay in a glass receptacle with 2 teaspoons of purified water. Work mixture to a smooth and creamy consistency. Apply Clay mixture with a mask brush or simply use fingers to spread evenly. As a general rule leave mask until almost dry. Recommended 10-15 minutes according to the responsiveness of the skin. Essential oils – up to 3 drops – or pure vegetable oil of your choice can be added to the Face and Hand Masks. Remove using tepid water and complete treatment with a recommended, non-mineral based moisturiser.

### **BODY MASK:**

To cleanse, exfoliate, tone and condition the skin.

Directions: Blend 110g or 10 tablespoons of Clay with 100ml or one half cup of purified water in a glass receptacle until the mixture has a smooth and creamy consistency. In cooler weather it may be necessary to warm the mixture by placing the glass receptacle and its contents in a large stainless-steel pan. Fill the pan with enough warm water to reach halfway up the sides of the glass receptacle and bring the water to the boil for 1 minute. Remove Clay and receptacle from the heat and apply mixture with a body mask brush. Essential Oils of your choice – up to 20 drops – can be added to your Clay Body Mask. Wrap your body in a cotton sheet and lie under a woollen blanket in a pre-warmed room.

Leave the Clay on for up to 1 hour then remove by taking a warm shower, vigorously rubbing the skin as you remove the Clay. Complete the Body Mask treatment with a recommended, non-mineral based moisturiser.



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## **POULTICES**

To relieve and soothe localised skin conditions. Green Clay is recommended for poultices. Poultices can be applied to affected areas, for a period of 1-3 hours.

Directions: Poultices are prepared in the same way as 'Face and Body Masks', however, less water is required to create a thicker mixture.

Add 1 tablespoon of clay to 5ml, or 1 teaspoon, of purified water. Place the Clay in a glass receptacle and slowly stir in the purified water. Essential Oils of your choice – up to 6 drops – can be added to the Poultice. Apply the Clay paste as a thick plaster ensuring the area is well covered. Gauze can be used to cover the area before the clay plaster is applied for easy removal. After the suggested time has elapsed, remove and discard the Clay plaster.

## **HAIR CONDITIONER**

Pink Clay can be used as a weekly Hair Conditioner, adding body to the hair giving it a thicker appearance and restoring its natural lustre. The Clay also conditions the scalp helping to keep dandruff under control.

Directions: Hair Conditioner is prepared in the same way as 'Face & Body Masks', using 6 tablespoons of Pink Clay to 60ml of purified water. Essential Oils of your choice – up to 12 drops – can be added to the Hair Conditioning Mask. Part hair into sections and apply the Clay mixture, using a clay mask brush, directly onto the scalp. Following the Clay application, wrap hair in a dry, warm towel. Leave the Clay on the hair for half an hour then remove by rinsing. Follow by shampooing.

## **BODY POWDER**

To cleanse and deodorise. White Clay is a natural alternative to talcum powder and can be used safely with small children.

Directions: Dusted over the body, White Clay is a naturally efficient deodorant which helps to eliminate odour caused by bacteria. Apply as a dry powder to relieve and soothe skin conditions and body odour.

## ***How Do I Store Active Clay?***

Do not store Active Clays in plastic containers or use plastic utensils when preparing Clays as they can absorb impurities. We recommend that Clays are stored in glass or porcelain containers and that preparations are only mixed using wooden or porcelain spatulas or spoons.