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## Why use Clay?

Clays are fine, natural, absorbent powders. They are packed full of minerals, such as calcium, magnesium, zinc, manganese and potassium to name a few. These clays have excellent absorbing powers and can be made into face and body masks, or added to products to help nourish the skin, remove excess oil, draw out toxins, cleanse, tone and rejuvenate.

## Which Clay is for best for you?

### Green French Clay

Probably the most well known of the clays for its ability to draw out toxins and impurities from the skin. These drawing powers may also help to stimulate blood flow to the skin's surface, improving complexion and skin tone. A great clay for absorbing excess oil from the skin while at the same time cleansing, exfoliating and enriching the skin with minerals. Best used for oily or combination skin.

Use it in:

Acne treatments, Poultices, Face masks, mud packs, skin care products, cleansers, deodorants, exfoliants.

### Red French Clay

Red clay is more oily than the other clays and gets its colour from its copper and iron oxide content. Used in skin care for enhancing the skin's appearance by improving elasticity, firmness and stimulating blood circulation. A good choice for dry, sensitive or couperose skin, it is often used as a face treatment to reduce the appearance of puffy eyes, bags, dark circles and broken capillaries. This clay can also be used as a hair treatment for toning the scalp and improving the hair's shine.

Use it in:

Face masks, body wraps, soaps, skin care products, hair treatments, cleansers, face and body scrubs and cosmetics.

### Pink French Clay

Pink clay can be used to soften the skin and refine the texture and tone. A milder clay, it is suitable for all skin types, particularly sensitive or mature skin. It gently draws out toxins and removes dead skin cells, leaving the skin cleansed and refreshed.

It is also a popular choice for hair conditioning treatments.

Use it in:

Face and body masks, exfoliants, hair conditioning treatments, soaps, skin care products, body wraps.

### Yellow French Clay

A mild clay that draws out impurities while at the same time giving your whole complexion a boost. It can be used for rejuvenating, cleansing and revitalising tired or sallow looking skin and is a good choice for neglected or sun-damaged skin. It can also be used in treatments for skin complaints such as eczema and dermatitis.

Use it in:

Face masks, scrubs, cleansers, body wraps, soaps, healing skin care and nappy rash products





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## White French Clay

The most gentle and least absorbent of the clays, white clay is a great option for those with sensitive, delicate or mature skin. A great clay for hair packs to relief dry, itchy scalp or greasy hair. It can also be used as a body deodorant powder or a natural alternative to Talcum powder and is a good choice for hand masks to soothe and soften dry hands

Use it in:

Face masks, hand masks, hair treatments, exfoliants, creams, cleansers, skin care products, bath bombs, body wraps, foot or body powders

## Bentonite Clay

Formed from aged volcanic ash, Bentonite clay is great for absorbing toxins, dirt and oil from the skin and body, improving skin tone and leaving you with soft, smooth skin. It contains minerals such as Magnesium, Calcium and iron and has anti-bacterial and anti-inflammatory properties which could help with skin healing. Like green clay, its stronger absorption abilities make it a great choice for those with oily, combination or acne prone skin types. It can also be mixed with shea butter to treat nappy rash.

Use it in:

Acne treatments, face masks, foot masks or scrubs, bath soaks, deodorant, exfoliators, toothpaste

## Kaolin Clay - Australian White

Suitable for all skin types, Kaolin gently exfoliates the pores while drawing out impurities, dirt, pollutants, toxins and excess oil, brightening and toning the skin.

Use it in:

Soaps, bath bombs, cosmetics, body powders, deodorants, face masks, cleansers, scrubs, acne treatments, exfoliants, body butters and even toothpaste.

## Fuller's Earth Clay (aka Multani Mitti)

Named after wool refinery workers called 'fullers' who would apply it to wool to remove dirt and oil, Fuller's Earth Clay is another great option for removing toxins and excess oil from the skin and removing dirt from clogged up pores. Leaving you with soft, toned skin and a brighter, glowing complexion.

Similar to Bentonite clay, it is best for oily, acne prone skin and has been shown to have anti-inflammatory properties making it a good option for poultices or cold compresses for insect bites, sunburn, and skin rashes and infections.

Use it in:

Face and body masks, cleansers, soaps, make-up, shampoos, conditioners, scalp treatments, creams, scrubs. skin and acne treatments.

