

As the clay remains in your skin, you are still actively detoxing and tightening for up to 4 days afterwards. You can enhance your results...

post - WRAP *instructions*

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Water is one of two ways to stimulate your lymphatic system. Just like before your treatment, it's important to drink plenty of water afterwards to help flush remaining toxins through waste and curb any detox symptoms.

Skip soaking in the tub and any hot showers for a few days unless you have purchased one of our Bentonite Bath Bombs. If it is necessary, a quick, warm shower is your best bet. Heat and water will remove the clay from your pores which puts a halt to your detox!



Avoid using any soaps, lotions, or creams on the body until detox process is complete - usually after day 4!

You don't want to clog the pores..
- remember the clay is still active!



Things like alcohol, caffeine, sugar and deep-fried foods for example, contain large amounts of toxins. While your body is ridding of existing toxins, it's beneficial to steer clear of putting these back into the body right away.

After 4 days, the clay is no longer active and that is when you should have a hot shower or bath, using soap to wash out any clay or toxins still remaining in the skin.

