



TerraBathe™

Your Home Spa™

Instructions for use

Introduction

Congratulations on your purchase of the finest bathing clay compound available anywhere in the world. TerraBathe™ remineralizes your skin, helps disinfect skin of bacteria and microbial pathogens, and assists your body in the elimination of toxins.

How does it do all that?

TerraBathe™ is made from ION-MIN®, nature's premium, all-natural Calcium Montmorillonite (also known as Calcium Bentonite). It is a highly pure and pristine clay mineral compound with a strong negative ionic charge to help lift toxins from and through your skin and pores. It has a high pH value of 8.3, and is comprised of extremely small particles, many under 1 micron in size. TerraBathe™ contains all of the nutrients that are most important for youthful looking skin and the health of all dermal tissue, including:

Silica: Our skin is our first line of defense against naturally occurring bacteria, viral infections, and other pathogens. Silica promotes and maintains healthy skin tissue. Silica (silicon) is the essential component making up the collagen matrix upon which calcium is deposited. TerraBathe is 55% ionic, colloidal silica.

Other trace minerals: The remaining 45% of our amazing mineral skin care supplement is a portfolio of 57 ionic electrolytes, macro, micro and trace minerals in a 100% natural delivery system. Some of the other minerals that are abundant in TerraBathe™, which support healthy skin and tissue include: Magnesium, Calcium, Zinc, Chromium, Copper, Selenium, Iron.

How TerraBathe™ works

TerraBathe™ works in several ways to improve the strength and wellness of your skin.

1. **Transdermal:** nature's pure, healing elements are introduced to the skin, lymph and blood through transdermal ionic diffusion. This process allows the extremely small negatively ionic, molecules of certain minerals to enter your body into and through your skin barrier. Your skin is exposed to hundreds of toxic elements every day, that cross the skin barrier and get into your body fluids and organs, where the liver and lymph systems try to decontaminate them. TerraBathe™ introduces natural, healthful elements that can combat the abusive chemicals and provide minerals through skin and pores.

2. **Topical:** Soaking in TerraBathe™ allows the highly negatively charged ionic silica crystals to penetrate and accumulate on your skin cells. These nano-sized crystals can pull toxins and bacteria off of your skin and neutralize them. Researchers have identified over 4,742 species of bacteria in a sample of 51 hands! The average human hand had over 150 different bacteria on them.
3. **Hydrotherapy:** Soaking in a hot, mineral bath opens pores, stimulates blood flow and lymph activity, and allows body salts to help eliminate toxins naturally. If you are not getting enough exercise and are not sweating due to climate, inadequate exercise, or the use of antiperspirants, you are overdue for a good sweat. The best environment for this is a natural mineral bath. It helps clean pores and remove dead skin cells.
4. **Negative ions:** The therapeutic use of negative ions contradicts the toxic positive ions that we encounter in our modern, synthetic world. Positive ions are found in all modern buildings, air conditioned places, fabrics, textiles. Negative ions are released from everyday appliances and electronic equipment. Positive ions make us tired, irritable, and sensitive to pain.

Negative ionic environments are produced by natural processes like rainstorms and waterfalls. They are intrinsically healing and soothing to the body and spirit. TerraBathe™ is made from ION-MIN®, one of nature's most potent negatively charged natural, ionic substances. You can feel it! Most people feel their body aches and pains diminish immediately.

Instructions:

Normal Use: For most uses as a relaxation bath and for hydrotherapy maintenance, use ½ cup of TerraBathe™ in a full tub of very warm water. The water should be over 100 degrees, and as warm as you can take for 20 minutes to ½ hour. Many people begin with a cooler bath, and then run hot water after their bodies become accustomed to the water temperature. You should begin to sweat after about 5 minutes.

Simply sprinkle into water as the tub is being filled. Some powder will fall to the bottom and some will be suspended as a cloudy colloid. Keep in mind, this is a “mud bath”. You should not be able to see through the water during your entire bath, but to keep larger particles in suspension, just stir the water periodically or rub the sediments onto your skin. We do not recommend using bath jets with TerraBathe. If you want to use the hot tub jets, add TerraBathe after you have finished with the jet action.

Note: children are more sensitive to water temperatures than adults. Always use a thermometer when bathing children. Please be careful when using TerraBathe™ for kids so they are not scalded or kept in warm water for over 20 minutes. Cooler baths (90-95° F) are recommended for women during pregnancy.

Therapy: For more intense bathing to help remediate symptoms of skin conditions such as eczema, most customers use 1 cup or more. This allows more TerraBathe™ crystal platelets to touch your skin, increasing its ionic power. Some people soak a bit longer for therapeutic uses, and often employ micro-dermal abrasion techniques such as skin brushing to further stimulate lymph and help repair damaged skin.

Foot bath: add 1/4th a cup of TerraBathe™ to a small tub of warm water and put your feet in for 15 minutes or longer. You may feel tingling as the blood is pulled to the surface of the skin and the toxins are removed.*

* **Note:** This is not the same activity or effect as foot detox patches, which we strongly discourage.

Warning: If you have been diagnosed with a chronic health condition such as high blood pressure, or a heart condition, you should always check with your doctor before using hot bath treatments.

Cleanup

TerraBathe™ is made from 100% ION-MIN®. It is a completely natural mineral with antimicrobial and detoxification properties. It cannot hurt your plumbing, fixtures, septic system, or the municipal waste systems. In fact, as it is flushed down the drain it continues to decontaminate and help remove toxins along the way. Some particles will settle to the bottom of the tub. Feel free to rinse it down.

If you use more than a cup in a small tub, you may want to scoop up the sediment and throw it away or put it into an organic garden. Any toxins it has removed will be rendered inert and unavailable for re-release in normal soil conditions.

Even after cleanup, microscopic particle residue will remain and continue to disinfect the tub to prevent mold and bacteria from forming where the bathwater had been.

Complementary Treatments

For acne, facial and skin treatments, use Terrasilk™. Terrasilk™ has fewer of the “larger” particles so it can be used as a body massage clay or exfoliating treatment. Terrasilk™ is perfect for body wraps as well!

For holistic health support, use TERRAMIN® for internal cleanse and remineralization.

About us

California Earth Minerals® develops and distributes ION-MIN® mineral products for people, animal, and environmental health. Our brands use an ultra-fine, all-natural, pure source of Calcium Bentonite clay - also known as Calcium Montmorillonite, to detoxify and remineralize internal and external health environments. We are committed to the cause of health, sustainable living and science. Please visit us at www.caearthminerals.com and feel free to contact us at any time.

We are proud members of the natural products Association, OASIS, and the Clay Minerals Society.



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