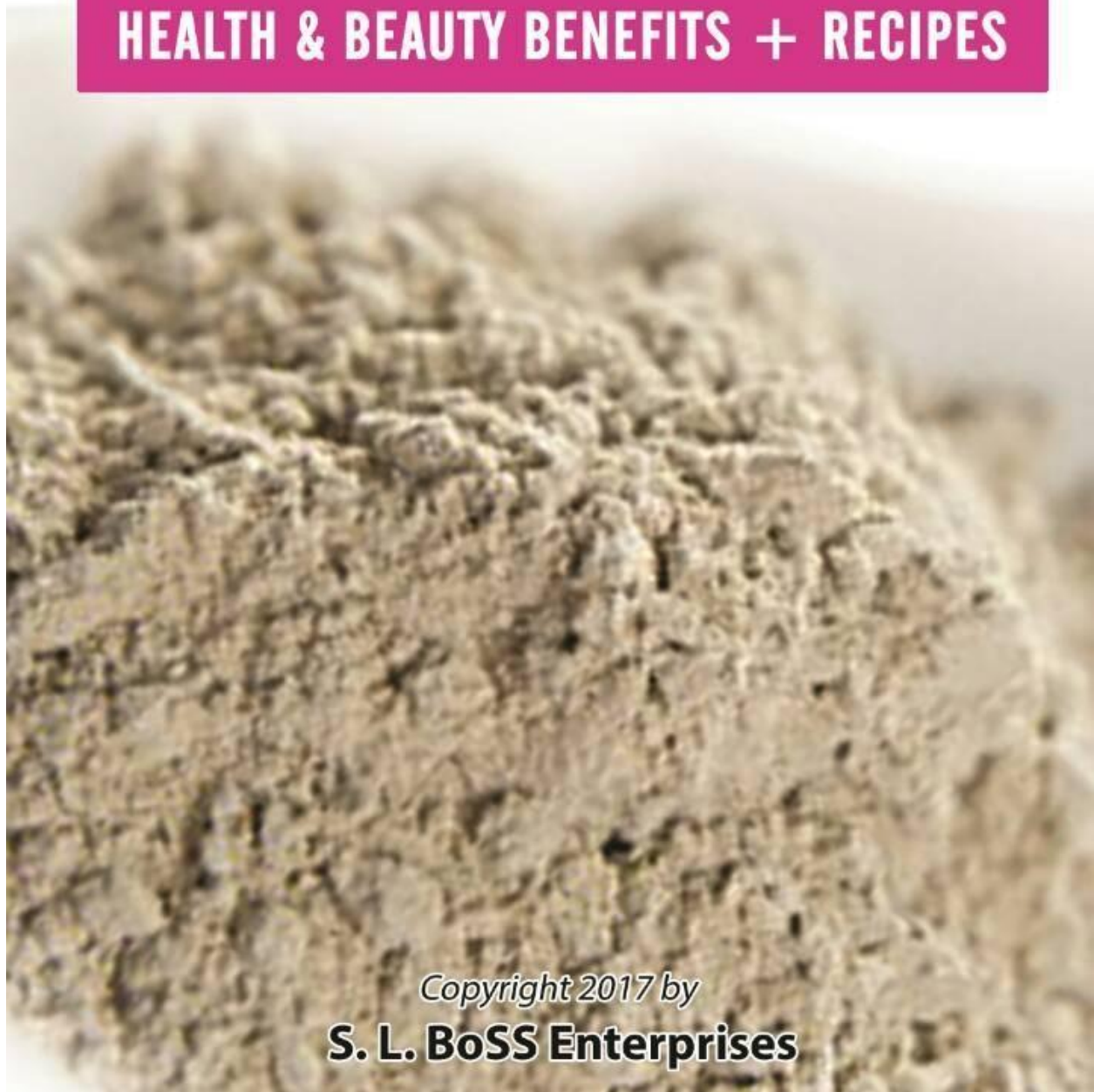


# BENTONITE CLAY

HEALTH & BEAUTY BENEFITS + RECIPES



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## **OVERVIEW**

Bentonite is defined as a naturally occurring material that is composed predominantly of the clay mineral smectite. It is also known as “healing clay”. Most bentonites are formed by the alteration of volcanic ash in marine environments and occur as layers sandwiched between other types of rocks. The smectite in most bentonites is the mineral montmorillonite, which is a dioctahedral smectite but occasionally other types of smectite may be present. It is the presence of smectite which imparts the desirable properties to bentonites, although associated factors such as the nature of the exchangeable cations in the interlayer also affect properties. For example, naturally occurring bentonites with Na<sup>+</sup> as the interlayer cation can have very different properties to bentonites where the interlayer cation is Ca<sup>++</sup>. Most commercial bentonites contain more than 80% smectite, however, a wide variety of other minerals may occur as impurities.

Sodium bentonite is the clay of choice for use on hair and skin because its pulling power is stronger than calcium bentonite, and it also swells more than 10 times its original mass once it comes into contact with water.

### **S. L. BoSS BENTONITE CLAY POWDER**

\* S. L. BoSS Bentonite Clay is 100% Natural and Pure Bentonite clay with no additives, no preservatives, no fragrance, and not tested on animals; making it a very safe product for use on the skin.

\* It is properly milled into a very fine powder; it dissolves into a smooth consistency without sharp granules that can be harmful to the skin.

\* Mined from the Wyoming Mountains of the United States of America and packaged in Canada. That means purity and quality without the fear of

contaminants from over-seas mines.

## **BENEFITS OF BENTONITE CLAY**

Also known as Montmorillonite or The Indian Healing Clay is the world's most powerful clay that has been used for centuries as a chemical free health and beauty product with so many proven benefits some of which are:

- It absorbs excess oil, heavy metals, toxins and impurities from the skin. You can feel your face pulsating and tightening as it draws out toxins from your skin.
- Stimulates blood circulation, reduces pore size for younger-looking skin.
- Treats acne, by drawing out excess oil from the skin, deep cleaning pores and preventing the growth of bacteria that cause acne.
- Defines curls when used as the hair mask on curly hair, especially afro hair type. It can turn a messy afro into a beautiful hair full of curls.
- Clarifies the hair when mixed with water and apple cider vinegar; leaving the hair clean, and shiny without the use of chemicals found in commercial shampoos
- Detox body by drawing out toxic substances and heavy metals from the body when used in baths.
- Treats inflammation and poison from insect bites
- Used in soap making to add a clarifying effect to the soap
- Cleanses and remineralizes teeth when using in homemade toothpaste
- Loose face/body powder. A safe alternative for baby powder

## General Mixing Instructions

- Pour a small amount of warm water or a half and half mixture of apple cider vinegar and water into a non- metal bowl. You could also use any liquid of your choice but make sure it's water-based. Bentonite clay is only effective when it comes into contact with water. Suggested liquids are aloe vera juice, rose water, coconut water, and apple cider vinegar.
- Sprinkle the desired amount of bentonite clay powder over the liquid, and without stirring, allow  
  
a few minutes for clay powder to dissolve and sink to the bottom of the liquid.
- Using a non-metal utensil, stir the mixture while adding liquid as needed into the desired consistency. Be sure to use plastic, glass, or wooden utensils when mixing bentonite clay because it has the ability to draw metal particles which are not safe for the body.
- Apply on skin and/or hair. Rinse with warm water after 15-30 minutes. When used as a hair mask, you can leave it in the hair for up to 3 hours or as long as desired.

## How to Use Bentonite Clay

### 1. Deep Pore Cleansing Face Mask

Ingredients

1tsp of S. L. BoSS bentonite clay powder

3 tsp of water, apple cider vinegar, rose water, aloe vera juice or any liquid of choice

Any essential oil of your choice

1 small non-metal bowl

A spoon or chopstick

Pour clay into the bowl, add liquid gradually and mix until desired consistency. Add 1-2 drops of essential oil; apply on face and allow to dry. Rinse with lukewarm after 15 – 30 minutes, and apply a gentle moisturizer after that. If you have sensitive skin, avoid mixing clay with apple cider vinegar as it would cause more irritation. Bentonite clay mask can cause redness and slight skin irritation after application, but it should be temporal. Therefore, it will be best to apply it in the evenings or when you are not planning to go out immediately in order to avoid exposure to the sun. Also, avoid wearing makeup right after application. Apply sunscreen when going out. If you are new to bentonite clay face mask, it will be best to use it just once a week for the first 1-2 months and gradually walk up to twice a week if necessary. You might also experience breakout after the first few applications. Do not panic; it is a sign that the clay is pulling out toxins from your skin and bringing to the surface. Continue to use the mask and the acne will clay off. If you continue to experience excessive breakouts, persistent skin irritation after 3 to 4 applications, please stop and consult with a dermatologist.

## **2. Hair Care**

Simply follow the general mixing instructions to obtain a smooth mask. Add a few drops of essential oils of your choice. Apply to hair and rinse after 30 minutes to 2 hours. Condition hair and style as desired. If you are using

bentonite clay as an alternative to shampoo, please mix it with apple cider vinegar or half and half with water into a thin consistency and massage into hair and scalp.

### **3. Soap Making**

Adding 1tbs of S. L. BoSS bentonite clay powder to your soap making recipe gives your soap an exfoliating effect, removes dead skin cells, draws out toxins from your skin, leaving you with a radiant younger looking skin. Bentonite clay has a powerful toxin drawing power. You can feel it, especially when applied as a facial mask or body wrap.

### **4. Homemade Toothpaste**

Simply wet your toothbrush and dip into a container of bentonite clay powder and brush your tooth. For a toothpaste recipe:

#### **Recipe #1**

What you need:

¼ cup of bentonite clay powder

2 drops of peppermint essential oil

A glass jar

A plastic or wooden spoon or chopstick

Any sweetener of your choice – stevia or xylitol are good natural sweeteners

Hot water for mixing

Pour a small amount of hot water into a jar, sprinkle bentonite clay in water, close the jar and allow the clay to absorb water and sink to the bottom of the jar. Remove excess water and stir into a smooth consistency and add water

as desired. Add essential oil and sweetener and stir. Store mixture in a fridge and use as regular toothpaste.

## **Recipe #2**

Use recipe #1 and add ¼ cup of S. L. BoSS activated charcoal powder and use as a natural tooth whitening alternative.

## **5. Tooth whitening powder**

What you need:

¼ cup of bentonite clay powder

½ cup of activated charcoal

1tbsp of baking soda(optional)

5 -10 drops of peppermint or spearmint essential oils

Sweetener(optional)

Glass or plastic jar

Add all ingredients in a jar, apply lid of jar and shake into a smooth mixture. Dampen toothbrush and dip into tooth powder. Brush tooth gently for 2 to 3 minutes. Rinse with lukewarm water.

## **6. Loose Face and Body Powder**

Pour the desired amount of S. L. BoSS bentonite clay powder in a nice cosmetic powder jar and use as an alternative for loose face/body powder. It is also safe to use as baby powder. Alternatively, you can add cocoa powder to give it a light brown colour and also add fragrance to minimize the smell of cocoa if you don't want to smell like chocolate. For people with very oily

skin, applying bentonite clay powder over your foundation can help prevent or minimize shine and make your make up last longer.

## **7. Eat It/ Drink it**

Research has shown that bentonite clay is very rich in minerals that the bodies need. It also pulls out toxins that get into the body through food, water, environmental contaminants that our bodies are exposed to every day. When ingested, bentonite clay has the ability to bind these harmful toxic substances and excrete them out of the body with faeces. There have been claims that bentonite clay has the capacity to treat gastrointestinal disorders but please do your research before consuming it. Please note that S. L. BoSS bentonite clay powder is not food grade and therefore not recommended for ingestion. If you decide to ingest bentonite clay, please do your research and buy food grade clay.

## **8. Acne Spot Treatment**

If you use bentonite clay face mask only once a week, you can also use it as a spot treatment on any pimple when it is still trying to pop up. Mix a small amount with water and a few drops of tea tree essential oil and keep in my fridge for this purpose. Apply on the pimple once a day, leave it on for about 30 minutes and peel off or rinse with lukewarm water. The pimple would usually disappear after about 2-3 applications.

## **9. Insect bites**

Mix bentonite clay with water to form a thick consistency. Apply to affected area and apply a siren wrap. After about 30 to 45 minutes, remove wrap and clean area with cold water.



## 10. Detox Bath

Follow the general mixing instructions to mix 1 to  $\frac{3}{4}$  cup of bentonite clay. Add more water and mix until you get a watery consistency. Fill your bath tub with hot or warm water and pour the bentonite clay mixture into the tub. Add a few drops of your favourite essential oil and enjoy a relaxing clay detox bath. Sit in the clay bath as long as you want. Take a clay bath once a week or every other week to reap the detox benefits.

***Bentonite Clay is the #1 recommended natural skin care product for every home medicine and beauty cabinet.***

*Thank you so much for purchasing our product. Please kindly leave us a review/ feedback to let us know if you are satisfied with our product and/or services. Also feel free to send us an email if you have any questions or concerns about our products. Your satisfaction is very important to us.*

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