

TORF THERAPEUTIC BATH

BATH TREATMENT WITH MOOR MUD EXTRACT

DETOXIFICATION • CHRONIC PAIN RELIEF • MUSCLE REGENERATION • FIBROMYALGIA • SKIN CLEANSING

About Moor Mud therapy

For 200 years Moor Mud * has been a large part of scientific use in balneotherapy in European health spa resorts and sanatoriums. Throughout this time various applications of Moor Mud have been developed, including brine baths, body or local packs to internal tampons that treat some conditions in women, etc. The natural minerals and medicinal properties of Moor Mud are absorbed via the skin. Moor Mud promotes circulation, reduces tissue inflammation, stimulates the immune system ¹, promotes muscular relaxation, relieves pain, breaks down fat cells and improves range of motion. Presence of some hormones (estrogen) promotes hormonal balance ². In additions to those benefits, recent studies suggest that humic and fulvic acids that form significant portion of Moor Mud have chelatic properties. Although humic acids are the vehicle that transports needed minerals to cells in plants, they were shown to bind with heavy metals and other toxins in a such way that they prevent their absorption by cells. Forming very strong bonds with toxins, humic and fulvic acids form large molecules that make toxins unavailable ³. Results in the latest research worldwide have shown that Moor Mud extract baths are very effective when compared to more common thick natural Moor Mud baths. The baths contain a high concentration of beneficial humic substances and minerals extracted from Moor Mud.

Torf Therapeutic Bath is safe for use in whirlpool style bathtubs and can be used in a water massage treatment

Bath application :

Adults: Fill up the bathtub with warm water (about 98 -100° F). Add 100 ml (3.4 oz) ** of Torf Therapeutic Bath and mix well. Bathe for 15 to 30 minutes (before water start to feel cold). After the bath, rinse body with clean water and wrap yourself in dry linen. Lay down and rest for ½ hour keeping warm and avoiding drafts. You may perspire for a while after the bath which is normal, so keep a towel near to wipe the sweat from the face to feel more comfortable. Baths should be repeated up to 3 times a week for total of 12 bath series.

Children 3 to 12 years:

ALWAYS CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT!!!

In a warm bath, 98° F maximum, dissolve 50 ml (half of 100 ml single application bottle) of Torf Moor Mud Therapeutic Bath. Bathe for 5 to 12 minutes. Rinse with clean water and wrap the body in warm blanket. Keep warm and rest for next 30 minutes.

Wrap application:

Add 2 tablespoons of Torf Moor Mud Therapeutic Bath into a quart of warm water. Soak piece of linen (ACE bandages if performing compression wrap) in the mix for 5 to 10 minutes. Wrap client's body (or treated area when performing local treatment) in soaked linen or bandages and then in the cellophane foil and the heated blanket (several wool blankets also work) and allow the client to rest for 20 - 30 minutes. The client may experience sweating during this period, so keep him/her comfortable by wiping the sweat from face with moist towel.

CAUTION: Read all instructions. Serious disorders of the central nervous system, acute urethrocystitis, pregnancy, any heart condition, fever, serious inflammatory skin diseases, heat sensitivity, open skin injury, bleeding, oncoids or possible thromboses, please consult with your physician before taking a Moor Mud bath. If you feel too hot and dizzy while in the Moor Mud bath, sit up and place ice on your chest. Slowly stand up, get out of the tub carefully and lay down on your bed. If you have difficulty walking or standing up, assistance is required for this treatment to get out of the bath. This is a therapeutic treatment – not an idle bathing experience.

* Terms Moor Mud, Moor Peat or BALNEO-Peat refer to the therapeutic grade of moor peat which was tested and certified by the Czech Ministry of Health or other European authorities for use in health spas. Peat grading system was developed by European balneotherapists to assure healing qualities of the peat used in health spa clinics.

¹ W. Stankiewicz, M.P. Dabrowski, M. Jablkowski, A. Ligezinski: "Immunological and clinical results of peat extract application for treatment of chronic sinusitis." - (Moortherapie 2000, Bad-Kissingen, 1999)

² O. Eichelsdörfer: "Eigenschaften und Zusammensetzung des Moorbades." (Therapiewoche #28, 1978)

³ D. Gondara, R. López, S. Fiola, J.M. Anteloa and F. Arce: "Cadmium, lead, and copper binding to humic acid and fulvic acid extracted from an ombrotrophic peat bog" J. Csicsor, A. Toth: "3.5 Uptake of micronutrients and removal (detoxification) of toxic heavy metals" - (Moortherapie 2000, Bad-Kissingen, 1999)

** Disclaimer: Although there is a long history of Moor Mud application and research in the curative health spa industry of Central Europe, this product and claims were not evaluated by FDA. This document is not intended to diagnose or treat any disease. Always consult your physician before performing any natural or alternative treatment yourself.

Torf Therapeutic Bath is made by extracting highly beneficial components exclusively from 100% natural European Moor Mud that is certified for Balneotherapy by European health authorities responsible for regulation of natural healing substances. On the top of other benefits Torf Therapeutic Bath helps to detoxify the body and to restore skin's natural functions. Properly functioning healthy skin has a strong positive influence on body's overall health. **

Torf Therapeutic Bath Application: detoxification, support therapy in treatment of pains in joints, muscles, back and for improvement in local blood flow. The bath has positive effect on skin problems, helps to relieve skin irritation and itching, strengthens skins protective acidic layer (humic acids) and supports blood flow. The bath has rejuvenating and toning effects on the skin, helps to relieve stress and regenerate the body's overall well being. Wraps are used when bath can not be performed or when performing a localized treatment.

Ingredients: aqua, Moor Mud extract, citric acid, mentha spicada, sodium hydroxymethyl glycinate (from soy)



Baths and wraps using additives:

These treatments are used to boost effects in specific areas. Humic acids in the Torf Therapeutic Bath intensify effects of particular additive on the body.

Essential oils: add 4 to 6 drops of 100% natural essential oil into the prepared Torf Therapeutic Bath and mix well.

Lavender - stress relief, migraines, calming
Rosemary - muscle and joint pain relief
Peppermint - refreshing, tiredness relieve

Tea tree oil - ACNE, anti-fungal, cleanser and natural disinfectant

Dead Sea salt: Helps to boost relief in muscle and joint pains, muscle cramps, Eczema breakouts, overall stress.

Bath: Depending on skin sensitivity mix 50 to 250 grams (2 to 9 oz) with 2 quarts of hot water and add to the prepared Torf Therapeutic Bath and mix well in a quart of warm water.

