

BENTONITE CLAY BODY WRAP



Bentonite Wrap - In this detoxification treatment, patients are wrapped using Herbal Linens soaked in Bentonite Clay. Bentonite has many healing and detoxifying benefits including heavy metal chelation (also known as heavy metal detoxification), which is why we use this in our body wraps. Patients are wrapped in thirty minutes and are left to relax in a steamer for an half hour. The steam opens the bodies pores while the bentonite draws out impurities stored deeply inside of the cells. Patients are measured before and after session to track inches lost, if they so choose.

Bentonite clay is one of the most versatile and inexpensive natural treatments available. It provides a world of health benefits and is heralded for its safe and effective detoxifying and cleansing properties.

Bentonite clay is composed of aged volcanic ash found in different parts of the world and has been used in treating medical conditions since earliest recorded history. The largest and most popular deposit is found near Fort Benton, Wyoming - hence the name bentonite clay.

Some of the many health benefits of bentonite clay are:

- *Cleansing the liver (liver detox), colon and skin;
- *Balancing bacteria in the digestive tract;
- *Improving nutrient assimilation; and
- *Strengthening the immune system.

In addition, bentonite clay can also eliminate food allergies, food poisoning, colitis, viral infections, and parasites. It is an effective treatment for arthritis, cataracts, diabetic neuropathy, pain, wounds, diarrhea, stomach ulcers, animal and insect bites, acne, anemia and alcoholism; it is effective in treating all digestive conditions and aids in weight loss. Bentonite clay also re-mineralizes cells and tissues, alkalizes the body and is very effective in protecting our bodies against radiation. These benefits are found primarily when taken orally however in the body wrap your skin absorbs these nutrients and go to work.

Bentonite clay contains montmorillonite, the primary mineral thought to be responsible for its beneficial qualities. It also contains magnesium and approximately 67 other trace minerals. The properties of particles in bentonite clay and how they are distributed contribute greatly to the curative properties of bentonite clay. These particles contain a negative charge that attract all types of toxins and pathogens, which include bacteria, toxins, metals, and pesticides, all of which have a positive charge.

CASTOR OIL WRAP

What is a Castor Oil Wrap?

Castor Oil is a very pale yellow liquid that is extracted from castor seeds (*Ricinus Communis*). It is an anti-inflammatory and anti-oxidant oil which has been used for centuries for its therapeutic and medicinal benefits. It is believed that most of castor oil's benefits are derived from its high concentration of unsaturated fatty acids. Although it has a strong and rather unpleasant taste, castor oil is used in cosmetics, soaps, textiles, medicines, massage oils and many other everyday products. During the Castor Oil Wrap in our natural detox center, we apply castor oil to the body and then wrap the body with compressive bandages to seal in the benefits of the castor oil. Since castor oil is fat soluble most of the oil absorbs into the skin with the greatest of ease.



What are the Benefits of Castor Oil?

Castor Oil has been used both internally and externally for thousands of years due to its many wonderful health benefits. Since it can strengthen the immune system, castor oil is considered a great remedy to treat the following major illnesses and ailments:

- Multiple Sclerosis
- Parkinson's Disease
- Cerebral Palsy
- Hair loss
- Pain from Arthritis and Rheumatism

It has also been found to help with many everyday problems such as:

- Yeast Infections
- Constipation
- Gastrointestinal Problems
- Menstrual Disorders
- Migraines
- Acne
- Sunburn
- Athlete's Foot
- Ringworm
- Skin Abrasions
- Inflammation

Castor Oil is also commonly used to induce labour, so pregnant women should always consult a doctor before using it.

ALOE VERA WRAP



In Essential Wellness Center's aloe vera body wrap detoxification treatment, compressive bandages are dipped in aloe vera gel. Aloe vera has numerous natural health detoxification benefits as listed below. The person is then laid in the steamer and steams for a half an hour while the healing benefits of aloe vera absorb into the skin.

The Benefits of Aloe Vera

Aloe vera's incredible effects upon the skin were "re-discovered" in the 70's and it became wildly popular. It's now used worldwide in just about every skin and hair care product imaginable. Aloe vera gel is an excellent skin moisturizer. It supplies

oxygen to the skin cells which in turn increases the strength and synthesis of skin tissue. It rejuvenates the skin, hydrates it, and makes it flexible.

Aloe vera is a potent natural medicine - and there is more and more evidence to show its effectiveness in the treatment of some of the most serious diseases.

What Other Things Can Aloe Vera Do?

Following is a list of only some of the uses of aloe vera. The research is ongoing and there may be more to come. But right now the healing powers of the phenomenal aloe vera plant is undeniable.

- Aloe vera is an antioxidant and cancer fighter, especially colon cancer
- Reduces and stops inflammation, both internally and externally
- Oxygenates blood and energizes cells, hydrates skin and repairs skin tissue
- Aloe vera heals internal digestive problems such as irritable bowel syndrome, constipation, acid reflux - cleanses the intestinal tract
- Reduces risk factor for strokes and heart attacks by making "sticky" blood "unsticky," and boosts the oxidation of your blood, plus circulation
- Alkalizes the body, helping to balance overly acidic dietary habits
- Boosts cardiovascular performance and physical endurance
- Stabilizes blood pressure and reduces triglycerides