

### **Dry Skin Pack**

Add several drops of olive oil to sapropel. Apply a 2-3 mm layer to the face after warming the mud to 37-40°C. Leave the pack for 20-30 minutes, having covered it with a washrag or food film, leaving uncovered the area of eyes and mouth. Do not let the pack get dry! Rinse the mask with water or herbal infusion. Let the skin rest for 20-30 minutes, after that wipe the face with tonic and apply some nourishing cream.

### **Oily Skin Packs**

Narrows face pores, dries pimples and dark spots

Apply a 2-3 mm pack layer to the face, having warmed it up 37-40°C. Leave the pack for 20-25 minutes. Rinse the mask with infusion of chamomile, celandine or water. Let the skin rest for 20-30 minutes. After that wipe the face with lotion and apply some cream for oily skin.

### **A more up-to-date method of mask application:**

Warmed up sapropel is applied with a 3-5 mm layer on a facial tissue with holes for eyes, nose and mouth (gauze fabric with cut holes can be used too). Then the facial tissue is slightly pressed on the face. Moisture that saturates the tissue, contains all mud components and contacts the skin without staining it. Upon the end of the treatment the mask is removed and disposed. The advantage of this method is that the skin is not stained with mud, there is no risk of mud drying on the skin, no need of washing the skin after the mask removal. After a 20 to 30-minute rest please apply the appropriate face cream.

### **Express-pack with the sapropel extract**

Intensively stimulates, nourishes and moisturizes the skin.

Apply a gauze fabric moisturized with water and the extract upon the pre-cleansed skin (6ml extract per 30 ml water). Time of application - 15-30 min. Upon the end use spray and face cream appropriate to the skin type and condition.

### **«Steaming» before mechanical face cleaning (for cosmetologists)**

Apply a 3-5 mm layer of warmed to 40°C sapropel to the face. Cover the face with a polyethylene film by leaving uncovered the areas of eyes, and lips, put a drained hot towel over (possible under a vapozone steamer). Leave for 10-15 minutes. Remove the mask with a well-squeezed sponge and cleanse.

### **Mask for removal of scars and pigment stains.**

Warm sapropel up to 40°C, apply it to the steamed face for 40-45 minutes. After that rinse with water. After 15-20 minutes wipe the face with tonic and apply some sun screen cream with maximum SPF.

### **Mask for hair and scalp against seborrhea, dandruff, hair loss**

The mask is applied to clean scalp between hair wisps. Then you need to make gentle head massage from peripheral zone to the back of the head, put on a cap (make heat-proof) for 1-2 hours. Sapropel is rinsed with warm water without shampooing (if necessary wash hair with natural shampoo). During the treatment hair gets slightly pale, but after the mud treatment cycles its shining returns. In parallel headaches and depression are cured.

### **Oil-and-extract applications for fair hair**

It is recommended to use oil-and-extract applications for fair hair instead of mud applications, to preserve hair colour. This is more appropriate for home use. Mix natural base oil ±20 ml and sapropel extract 5-10 ml (10-20%) and apply upon the scalp, massage the scalp, put on the cap and wrap the head with a warm bath towel for 20 min. Wash the hair thoroughly and dry. Recommended to take a course (8-10 procedures) no more than 1-2 times a week.

### **Gentle mud body peeling, improving blood circulation.**

Apply even layer of sapropel to the entire body, except for the chest area. Leave for 10-14 minutes, rinse with warm water. After such a peeling the effect of your creams, including anti-cellulite ones, will be multiplied.

### **Mud Foot bath**

Add sapropel to a bowl with warm water (up to 45°C) in proportion of 450 g per 5 l water, mix and dip the feet to a calf length. Sit for 15-20 minutes, wash the feet first in warm water and then in cold water. Apply foot cream. Such a bath when used regularly will deliver you from excessive sweatiness and offensive feet odor, moreover it's a perfect preventive treatment against fungous diseases and prominent heel. The same procedure can be performed with the Extract. Add 10 g salt and 10 ml sapropel extract into a bowl with warm water.

### **Cellulite**

Cellulite affects blood supply of tissues and metabolism, that is why toxins are not removed but accumulate in cells. Their membranes cannot stand the load and low up, and the contents, i.e. fat, remain in the intercellular space, adhering together and forming tight zones. It is impossible to get rid of cellulite just with a diet, as the organism starts using this resource of fats only when it is fully exhausted. That is why it must be fought with a range of treatments (diet, massage, exercises, body wrapping).

It is preferable to do a treatment in a sauna. Have a hot shower and wash with shower gel and scrub for 5 minutes. Then have a sauna in three sessions 5-7 minutes each. After each session have a very warm shower. Exclude swimming in a cold water pool, as this causes pore narrowing. Mud is applied to a clean body with a 3-5 mm layer for 20 minutes. Upon the end of the treatment apply anti-cellulite cream. The treatment must be regularly repeated 1-2 times a week.

The following processes occur under the layer of sapropel:

- pores open
- toxins are removed together with sweat
- mud microelements penetrate the skin
- fats are disintegrated

In domestic conditions, when having a sauna is impossible, it is recommended to make mud wrapping sessions, by alternating them with salt baths. The scheme is the following:

Day one – mud wrapping

Day two – salt bath

Day three – rest. Repeat the scheme during the following 20-30 days.

For mud wrap the mud is water-bath warmed to 40°C and a 3-5 mm thick layer is applied to the clean skin after a 10-minute hot shower. Then it is necessary to wrap yourself with a thin film and a blanket as a heat-proof for 20-30 minutes. Upon the end of the treatment have a hot shower, massage anti-cellulite cream into the problematic zones. One body wrap session is able to reduce the volume by 1-1,5 cm.

For salt bath sea salt is preferable. Bath temperature is 38-42°C, duration is 15-20 minutes. Use of salt per bath 1-2 glasses.



**Use of sapropel muds is not recommended at:**

- fever
- hypertension in acute form.
- acute stages of diseases, chronic diseases in acute stage, complicated with acute purulent processes.
- blood diseases in the acute stage and in the exacerbation phase
- pulmonary tuberculosis
- paralysis of central origin.
- valvular heart disease in decompensation stage
- malignant neoplasms
- ischemic heart disease
- angina
- bronchial asthma
- cirrhosis
- metrofibroma
- chronic diseases of female genital organs
- varix dilatation
- contagious diseases