



USER'S GUIDE

Using dried and ground curative mud for a foot or hand mud bath at home

The effect of treatment products made from curative mud stems from bioactive humic substances found in curative mud, which affect the organism through nerve endings in the skin or when directly passing through the skin and entering the organism via resorption.

Using curative mud locally leads to the improvement in local tissue blood flow and metabolism. In case of slow and chronic disease processes, curative mud has a stimulating effect, which contributes to the absorption of inflammatory and post-traumatic infiltration.

Indications:

sub-acute and chronic diseases of the peripheral nervous system, chronic diseases of the muscular system and joints

Contraindications:

neoplastic processes, tuberculosis, diseases of organ system deficiency and infectious diseases in their active phase

How to use:

1. Place 100 ml of dried and ground curative mud into the foot or hand bath container.
2. Add 2-3 litres of warm tap or mineral water to the curative mud:
 - at the temperature of 38-40°C in case of sub-acute illnesses, stir thoroughly, then place hands or feet in the bath for the mud procedure
 - at the temperature of 41-43°C in case of chronic processes and musculoskeletal overload, stir thoroughly, then place hands or feet in the bath for the mud procedure
3. The duration of the curative mud procedure:
 - up to 20-25 minutes in case of sub-acute conditions
 - 15-20 minutes in case of chronic processes and musculoskeletal overload
4. Following the curative mud bath, hands or feet should be rinsed with tepid water, dried lightly without rubbing and covered with a warm cloth.