

DEAD SEA MINERAL MUD



The black mud harvested from the banks of the Dead Sea is in fact alluvial silt washed down from the surrounding mountains and deposited on the shores of this inland salt sea. Layer upon layer of fine silt deposits have evolved over thousands of years to form a rich Dead Sea mud containing particularly high levels of magnesium, calcium, potassium, strontium, boron and iron. The resulting mineral-rich Dead Sea Mud is a natural raw material that can be used by the body as a source of essential minerals for all its basic needs.

The University of Maryland Medical Center recommends Dead Sea mineral salt treatments to reduce symptoms of **Rheumatoid Arthritis**, **Osteoarthritis** and **Psoriatic Arthritis**. The Dead Sea Research Center provides research validating the impact of Dead Sea mineral treatments not only for arthritis but also for **Fibromyalgia** and **Psoriasis**. Dead Sea Mineral Salt Treatments include Dead Sea mineral baths, sulfur baths and mud packs. The high concentration of minerals in Dead Sea Mineral Mud also help ease **arthritic aches and pains** by stimulating the circulatory system and relaxing the nerves.

Provides Relief for Disorders - Symptoms of skin disorders such as psoriasis, eczema and acne can be controlled by using Dead Sea mud. Its rich mineral content accelerates natural exfoliation and restores your skin's pH balance. Dead Sea mud is not a permanent healer, but regular use of it can provide physical relief and keep your skin disorder under control.

Improves the Look of Facial Skin - A Dead Sea mud mask can improve the appearance of your facial skin by improving elasticity and minimizing pores, wrinkles and lines. When it dries, toxins that may be present in your skin cells from your everyday diet are drawn out. Your face will feel clean and refreshed.

Prevents Hair Loss - Dead Sea mud masks can be helpful to prevent hair loss. Heredity, stress and scalp infections can cause hair loss. When blood vessels in the hair follicle shrink, food and oxygen are cut off. This prevents hair protein that is essential for hair growth from forming. Hair growth is stunted, and hair falls out prematurely. To use the mud for this benefit, massage it into your scalp and let it sit for 10 minutes. Rinse and shampoo as usual.

Reduces the Appearance of Cellulite - Dead Sea mud has a high concentration of minerals such as magnesium, calcium and potassium. These minerals promote blood circulation, relaxing your nerves. Cellulite is the fat that causes a cottage-cheese like appearance on your body. Fat and body fluids become trapped in skin tissues near the surface of your skin. Massaging Dead Sea mud on the areas with cellulite stimulates the blood circulation and cleanses toxins out through your pores. This helps flatten out the cottage-cheese bumps that are caused by cellulite.