

European Clay Mask with Vitamin C, Calendula, and Eucalyptus Oil

Description

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In clayâ??s natural state, it possesses negatively charged molecules, where most toxins, heavy metals and bacteria have positively charged molecules. When taken internally or applied to the skin, what happens is the two bind together and through the process of washing the clay off, you escort these toxins off the skin.

Clay not only pulls toxins out of the skinâ??s pores but also hydrogen from the skin cells, which allows more room for oxygen to benefit the skin tissue and rejuvenate them. This moves improved circulation and overall healthier skin.

However, this isnâ??t the only way that clay works to improve the integrity of the skin, it is also rich in beautifying minerals including calcium, magnesium, silica, sodium, copper, iron and potassium. Itâ??s detoxifying abilities, nutritive qualities, and microbial balancing properties give it many reasons to use for the skin.

In addition to countering skin problems for better skin appearance, clay is also loaded with a very important beautifying nutrient known as silica. This trace mineral is one of the most abundant minerals in the body; however, most people do not get enough in their diet today. It is responsible for manufacturing connective tissue such as the muscle, tendons, ligaments, cartilage, collagen, skin and bone. When silica is abundant in the body, it supports healthy, strong connective tissues and it also happens to make your skin very soft and smooth.

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