

TORF 100% NATURAL BALNEO-PEAT

HYDROTHERAPY TREATMENT FOR BATH AND BODY APPLICATION

About Torf Natural Peat

Torf BALNEO-Peat is a **100% Natural Organic therapy grade Moor Peat*** (moor mud), in the form of a fine paste. It is an organic substance, product of natural decomposition of multitudes of plants under special conditions. Unlike other mud used in the spa industry, BALNEO-Peat contains virtually no clay (less than 3%) and consists of organic residue of herbs, flowers and grasses. Over period of thousands of years this residue was transformed into a fine paste that easily dissolves in the water. It has an unusual concentration of bio-minerals, trace elements, vitamins, amino acids, plant hormones and fatty acids in a molecular form that is easier for the human skin to absorb. Think of it as a plant extract not from just one plant, but hundreds. Its uncanny ability to heal, nourish and detoxify has been observed by people for millennia and used scientifically in European Spas for well over a century. It is used to cure multitudes of ailments from mobility problems, arthritis, hormonal imbalances to post surgery recovery and muscle recovery in sport medicine.

Torf Natural BALNEO-Peat is in its unaltered natural state, enriched with highly beneficial mineral spring waters and salts of the Czech spa region.

Actions and benefits: The natural minerals and medicinal properties of BALNEO-Peat are absorbed via the skin. Peat promotes circulation, reduces tissue inflammation, stimulates the immune system, promotes muscular relaxation, relieves pain, breaks down fat cells, detoxifies and improves range of motion.

Bath therapy with BALNEO-Peat

The fine paste structure allows BALNEO-Peat to dissolve in water without any danger of clogging a plumbing and is suitable for use in standard non-whirlpool bathtubs. To take a BALNEO-Peat bath, dissolve desired amount (see below) of BALNEO-Peat in the bathtub. Water temperature should be as warm as comfortable (see warning). Due to BALNEO-Peat's excellent ability to retain temperature, bath temperature remains constant for the duration of the treatment - about 20 minutes. After the bath, shower in warm water without using soap or shampoo. Wrap body in a sheet, cover with a blanket and relax for 20 to 30 minutes.

Pain relief (muscle, lower back or arthritis): dissolve 1 liter of the Natural BALNEO-Peat Bath in a bathtub full of warm water - about 100° F or to your preference (read the warning above).

General use (detoxification, the skin maintenance or relaxation bath): at least 1/4 of liter per tub is recommended.

Do not use BALNEO-Peat bath every day. For best result use 2 or 3 times a week for 3 week period. Discontinue for about a one week before resuming bath therapy again.

Body mask or wrapping with BALNEO-Peat

Torf Natural BALNEO-Peat Bath, when mixed with some water or oil, is excellent for mud body wrap or body mask. As such it can be used for general detoxification, pain treatment, the inch-loss body wrap and the cellulite reduction. Apply a thin even layer of warm BALNEO-Peat to the treated area or the whole body. Leave on for about 20 to 30 minutes, wrapped in a thermal blanket or foil, than rinse and relax wrapped in dry blanket for 20 minutes. **1 liter is good for 4 to 8 wraps.**

Warning: A person with the high blood pressure or the heart disorder must first consult a physician before taking a hot bath or a hot peat body wrap! Avoid contact with eyes. If contact with eyes occurs, flush eye with warm water. Consult your physician if skin irritation develops or prior irritation increases, discontinue use.

* Term refers to the therapeutic grade of our moor peat which was tested and certified by the Czech Ministry of Health for use in health spas. Torf Krasno peat bog is declared a Czech National Health Resource. Torf BALNEO-Peat is 100% natural, unaltered therapeutic peat as recommended by European balneotherapy standards and practices. Lab reports available upon request.



Adding BALNEO-Peat to other types of body wraps

Incredible versatility of BALNEO-Peat can be utilized in combination with other popular body wrapping media. For example: Dead Sea mud can be very harsh to some types of skin due to its saltiness, but mixing it with BALNEO-Peat (50%-50%) smoothes out the harshness while boosting the effects. This is due to the way BALNEO-Peat improves the mineral absorption.

Suggestions for body wrap mixes:

Anti-oxidant mix - BALNEO-Peat with strong green tea instead of water

Anti-bacterial mix - BALNEO-Peat with Torf **Saprox** clay to create strong anti-bacterial/anti-fungal treatment. Treats psoriasis, eczema and fungi. Strong anti-inflammatory action thanks to high percentage of humic acids and sulphur.

Heating instructions

Do not use a microwave oven to heat BALNEO-Peat! Microwaves destroy some of the bactericidal qualities of BALNEO-Peat and can dramatically reduce its effectiveness. To heat BALNEO-Peat put desired amount in the plastic bag that can be closed watertight and withstand hot water. Place the bag into a pot filled with warm water (about 110° F) and leave it there for about 10 minutes or long enough until BALNEO-Peat reaches the same temperature. Do not boil!

Indications

Most musculoskeletal conditions, back pain, PMS, lumbago, sciatica, fibromyalgia, osteoarthritis, rheumatoid arthritis, gout, trauma, strains, sprains, fractures, sports injuries, post-operative rehabilitation, metabolic disorders, obesity, gynecological disorders, orthopedic, neurological disorders, eczema, general detoxification.

Contraindications

Serious disorders of the central nervous system, acute urethrocystitis, pregnancy, decompensated cardiopathy, hypertension, serious circulatory disorders, fever, serious inflammatory skin diseases, heat sensitivity, open skin injury, bleeding, oncoids, (if there are any complications consult with a physician)

FOR MORE INFORMATION CALL: 1-877-811-1008 • FAX: 1-866-606-4718

Developed in collaboration with balneo therapy doctors and the Czech Academy of Science and certified by the Czech Ministry of Health
MADE BY TORF KRASNO, CZECH REPUBLIC • IMPORTED BY TORF SPA, LLC, 184 JOY ROAD, MIDDLEBURY, CT 06762
WWW.TORFSPA.COM • E-MAIL: INFO@TORFSPA.COM