

## **What is Terra Sana** inci Kaolin, Montmorillonite, Mica, Silica, Limonite

Montmorillonites ionic exchange is activated by water. The ions of the montmorillonite also attach themselves to the toxins and excess skin. The ions create a kind of magnet that draws out unneeded impurities from within the skin.

Another misconception is that the clay must dry on the skin before removal. Remember it is the water that activates the clay. It is better to keep the clay moist wet hands or a steamer.

### **How is Montmorillonite formed?**

Montmorillonite, clay also called Bentonite is a very popular healing clay that also cleanses the body. This clay is made from minerals such as iron, sodium, calcium, potassium and magnesium, formed from volcanic ash.

Adding water to the clay gives it a negative electric charge, which in turn, removes toxins from the body. It works both externally and internally.

If you desire clear, fresh and vital skin, here are a few reasons why you should try a Terra Sana face mask!

### **Helps to remove blackheads, shrink the pores and control the overproduction of sebum**

The clay can absorb the excess oil thus breaking down the sebum within the pore and making the pore smaller.

### **Draws out the impurities from the skin**

Terra Sana also pulls hydrogen from cells, allowing room for oxygen. This helps with circulation, and overall skin tone and health.

### **Makes skin softer gives a definite glow to your face**

Terra Sana is loaded with silica, a trace mineral that strengthens connective tissue including muscles, tendons, ligaments, cartilage and bone. In addition, it makes your skin super soft. Silica is the most abundant mineral in the earth's crust and is the name for the chemical compound silicon dioxide. Glass, quartz, and sand are all comprised of oxygen and silicon. Using bentonite clay on your skin means you reap all of its benefits as it is readily absorbed.

### **A natural desquamation giving you an even skin tone**

Desquamation is a very important part of the homeostasis of the skin.

### **Is safe for all skin types**

A very effective and beneficial for skin and safe, no matter how old you are. Bentonite clay is suitable for all types such as normal, oily or acne-prone skin. As mentioned, clay is packed with useful minerals and it will help detoxify while nourishing your skin.

**Clay can be used to regenerate skin tissue**

Bentonite clay can be used to rebuild damaged skin tissue. Activated bentonite clay assists in healing and regenerating skin tissue.

For bites, stings and burns, make a poultice using a thick layer of clay on your skin covered with a wet gauze cloth. Leave the cloth on the affected area for about 2 hours and change it out until you experience relief.