



Body Wrap Recipe

Recipe makes approximately 1 body wrap.

Here's What You Need:
Ingredients

[Kelp Powder](#)
[Bentonite Clay](#)
[Dead Sea Salt](#)

Other Ingredients & Equipment You'll Need:

Distilled Water
Mixing Spoon
Deep Bowl
Plastic Wrap
Towels
Bath Tub



Here's How It's Done : Directions

Total Recipe Weights:

1000 grams Distilled Water

123 grams Kelp Powder

405 grams Bentonite Clay

295 grams Dead Sea Salt

Step 1: In a deep mixing bowl, weigh out 1,000 grams of distilled water.

Step 2: Add 295 grams Dead Sea Salt.

Step 2: Next, add 123 grams of Kelp Powder. Mix well.

Step 3: Now, add 405 grams of Bentonite Clay. Again, mix thoroughly.

Step 4: After the mixture has thickened a bit, this will take about 15 minutes or so.

Step 5: Starting at your feet, begin coating your body.

Step 6: Again, beginning at your feet, cover your body with plastic wrap.

Step 7: Lay still in your empty bath tub and place towels warmed in the dryer across your body. Laying in the bath tub prevents too much mess and is easier to clean up.

Step 8: Finally, just relax for about 30-60 minutes. To be sure you are staying hydrated have water nearby.

We hope that you have enjoyed our body wrap recipe!

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