
BENTONITE CLAY MASQUE TO THE JAB AREA

A great idea...

One of the easiest things to do right after the jab is to apply a bentonite clay masque to the jab area.

Simply mix about a teaspoon of pure bentonite clay with enough water to create a paste. Take this paste with you to wherever you are to receive the vaccine. Immediately after the jab, open your small container and apply in a circular motion on and around the site. Apply enough to create about a 6-inch circle. Leave on for the whole day or overnight. Wash off and repeat for up to 2-3 days. This process helps to reduce site-specific pain or soreness among other benefits.

Why bentonite clay?

People have used bentonite clay to remove impurities on the skin, such as oils, and toxins from the body for thousands of years. Bentonite clay is added to many skin products, but some people also add it to foods or drinks with the aim of relieving digestive issues or removing toxins from the body.

Before you consume Bentonite clay internally, please schedule a free consult so we can determine if this is indeed a good idea for you! Every body is different!

[Book a free consult with Anne Hockett](#)

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