



Natural MOOR MUD from the heart of Europe.

Imagine a substance that is able to preserve human skin for millennia, yet it is completely natural. Sounds unbelievable? Perhaps, but [many bodies found in moor mud bogs around Europe](#), some two thousand years old show that elements found in moor have this ability ([see here](#))

Moor Mud (also known as therapeutic peat moss) is an organic substance, product of natural decomposition of multitudes of plants under special conditions. Unlike other mud used in the spa industry, it contains virtually no clay (less than 3% in our moor mud) 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, has unusual concentration of humic acids, fulvic acids, minerals, trace elements, vitamins, amino acids, plant hormones and fatty acids in a molecular form that is moor mud content easy for the human skin to absorb. Think of it as a plant extract not from just one plant, but hundreds. Thanks to its chelatic properties, top layers of moor mud filter-out all of the

pollutants and the harvested layer represent pristine, non-polluted environment of Earth 10.000's years ago. Moor mud uncanny ability to heal, nourish and detoxify has been observed by people for millennia and used scientifically in European Spas since early 1800s. It is used not only to beautify, but also to cure multitude of ailments from mobility problems, arthritis, and hormonal imbalance to post surgery recovery and muscle recovery in sport medicine. Its actions are thermo physical, biochemical, anti-aging, anti-inflammatory, and natural antibiotics ([read disclaimer](#)). In World War I and II (before development of penicillin) moor mud was widely used in treatment of wounds in form of wraps, bandages or paste.

Because moor mud has chelatic properties (it binds heavy metal isotopes) it is a strong natural detoxifier. Moor mud is very popular in skin care. It cleanses skin of impurities, detoxifies, helps to preserve skin thru presence of natural tanning elements, improves circulation and makes skin look and feel rejuvenated.

Actions and benefits:

Promotes circulation, stimulates the immune system, promotes muscular relaxation, relieves pain, breaks down fat cells, detoxifies and improves range of motion. Anti-bacterial. ([read disclaimer](#))

Best moor mud is one in its natural form, with pH 4.5 or lower which signifies appropriate maturity and bacterial stability. It should never be dried. Dried moor mud loses its water absorption ability and has to be pulverized into a fine dust to mix it with water. Moor dust does not have all of the properties of fresh moor mud and can create problems with cleaning skin pores after application. *Torf Moor Mud* is in a 100% natural form, never dried or pasteurized and without additives. Although drying makes it easier to ship or store, it also dramatically reduces Moor's thermal properties as was shown in tests in Germany. No thermal or chemical processing leaves maximum properties beneficial to health treatments. Torf Moor Mud is used in many of the famous huge health spa resorts in central Europe, such as [Karlovy Vary](#), [Marianske Lazne](#), Frantiskovy Lazne and more.

MOOR MUD APPLICATIONS:

Immersion bath therapy (hydrotherapy)

The fine paste structure of moor mud allows it to dissolve in the water without any danger of clogging a plumbing and is suitable for use in standard non-whirlpool bathtubs. To take a bath, dissolve desired amount of moor mud in the bathtub. Water temperature should be as warm as comfortable. Due to moor mud excellent ability to retain temperature (5x of water), bath temperature remains constant for the whole time of recommended length of the bath, about 20 minutes. After the bath, shower in warm water without using soap or shampoo and wrap yourself in the blanket and relax for 20 to 30 minutes. This time is used to allow natural moisture treatment to stay active on the skin.

Body mask or body wrap with Moor Mud.

Our natural [Moor Mud for Bath and Body](#) is excellent for body wrap or body mask. As such it can be used for general detoxification, pain treatment, the reduction body wrap and the cellulite reduction. Apply an even layer of warm peat to the treated area or the whole body. Leave on for about 20 to 30 minutes, wrapped in a thermal blanket or foil. Afterwards rinse and relax wrapped in dry blanket for 20 to 30 minutes. <http://www.moornatural.com/>