



KÖRPERPFLEGE

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Advice and assistance
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Heat
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Körperpflegemittel

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AlkaBath®

The Genuine Article by P. Jentschura

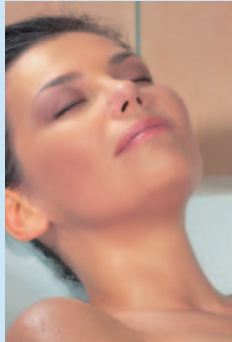
Alkaline Mineral Body Care



The original
since 1993 –
Now with
8 precious
stones!



Körperpflegemittel



Alkaline face mask



Alkaline salt massage

AlkalineStockings



Alkaline bath



Alkaline foot bath

Alkaline mineral body care

- The best personal care comes from nature itself



Do you dream of having baby-soft skin? Babies develop within amniotic fluid; this amniotic fluid is alkaline!

Why not take a leaf from nature's book and use alkaline blends in caring for our own personal wellbeing?

Alkaline baths and applications are a special treat for the skin. You can both see and feel the results. AlkaBath leaves your skin feeling supple and silky, providing you with an altogether better feeling of wellbeing.

AlkaBath, alkaline mineral bath salts, contain the 8 precious stones of agate, carneol, citrine, chryso-prase, chalcedony, sapphire, rock crystal and onyx in their finest powder forms. This makes AlkaBath extremely valuable. Try it for yourself and you will be convinced after just one application.

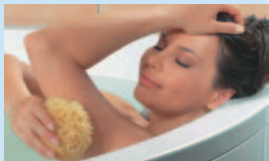
- stimulates the skin to eliminate acids and toxins
- activates the self-oiling process of the skin



Relax and regenerate for 30 minutes in your alkaline bath



Tip:
First run the bath water, then scatter the bath salts into it. To clean the bath tub itself, we recommend a vinegar-based cleaning product.



Brush every 15 minutes



Gently brush your face

The relaxing alkaline mineral bath is best enjoyed at a temperature of about 37°C. The bath, which should last for at least 30 minutes, will make you feel noticeably relaxed and will give your skin a renewed suppleness thanks to the self-oiling process which occurs during bathing.

Use once or twice weekly and your skin will be eternally grateful to you.

The alkaline mineral bath

You will need:

- 3 tbsp of P. Jentschura® AlkaBath
- 1 bath tub
- warm water (36°-38°C)
- 1 bath brush

When bathing a child (in about 20 litres of water) a heaped teaspoon of AlkaBath is sufficient. Use a soft facial brush for the delicate baby skin.

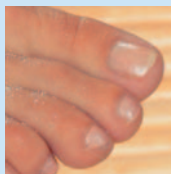




1 tsp of AlkaBath



Brush feet and lower legs regularly every 3 to 5 minutes.



Treat your feet to a pleasant and relaxing experience in an alkaline mineral foot bath. Alkaline foot baths should be used two to three times weekly. The optimum duration is between 15 and 60 minutes.

The alkaline mineral foot bath

You will need:

- 1 tsp of P. Jentschura® AlkaBath
- 1 bowl or footbath
- warm water (36°-38°C)
- 1 body brush



Always brush out from the body, culminating at the tips of the fingers and toes, to flush out toxins from the body.

AlkalineStockings
Alkaline salt leggings/dress
Alkaline compress
Alkaline face mask
Alkaline headband

Alkaline compresses are particularly suitable for application to specific areas of the body. Whether you want to treat your feet using alkaline stockings or your arms using alkaline sleeves, your legs and your bottom with the alkaline salt leggings or your body using the alkaline salt dress, – you can target those areas using the alkaline compresses. ●



Alkaline headband

Wrap the moistened headband around the head and cover with a warm, dry towel. The alkaline headband can be worn for several hours or overnight. ●

Alkaline compresses

You will need:

P. Jentschura® AlkaBath
 1 washbasin or footbath
 1 towel

Basic rule:

For about 1 ½ litres of warm water, use a heaped teaspoon of AlkaBath. Soak the wrap and thoroughly squeeze it out.



Alkaline throat compress

Place the moist compress loosely around the throat. Place a soft, dry towel over it. The inner stocking of the AlkalineStockings package can be used as a throat compress, placing one or two dry outer stockings over it. ●



Alkaline face mask

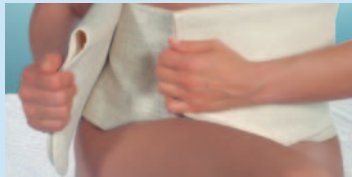
A pinch of AlkaBath is required for 30 ml of water. Leave the fleece mask on your face for 15 to 30 minutes. ●



For alkaline elbow and knee compresses, you will need about ½ litre of warm water and a teaspoon of AlkaBath. Apply the moist compress and wrap a dry outer compress around it. The inner stocking of the AlkalineStockings can also be used for this compress. ●



Place two slices of a mild-flavoured onion in the area of the kidneys and cover with a moist, alkaline compress. Apply a dry towel and a hot water bottle. ●



Apply the alkaline compress and cover with a warm, dry towel. Again apply a hot water bottle. ●



'Alkalinity' instead of deodorant

How about using a natural deodorant? Dissolve ½ teaspoon of AlkaBath in a little lukewarm water, apply it under the arms and leave it to dry. You will have a wonderful fresh feeling in the morning which will last throughout the day. ●



AlkalineStockings

Place a moist, alkaline inner stocking over the lower leg or over the arm. Then pull the dry outer stocking over it and wear overnight. ●





Alkaline hand massage



Alkaline foot massage



Alkaline back massage



Alkaline knee massage



Alkaline thigh massage

Alkaline mineral skin massage

Alkaline mineral massages are a particularly intensive form of massage. You will not only feel the pleasant effects of the massage with AlkaBath, but you will also experience a gentle and invigorating peeling effect. This will eliminate dead skin cells and immediately treat the skin in an alkaline way. •

Application method:

Massage AlkaBath into moistened hands, feet, knees, shoulders, legs or the back, until the salt crystals have dissolved. The skin should remain damp. You may use a little massage oil to help with this. •



Alkaline rinses

Treat your mucous membranes to some alkaline care. These are highly sensitive areas of the body. ●



Alkaline inhalation

Put a knife tip of AlkaBath in 250 – 350 ml of boiling water. Inhale for 2 to 3 minutes. ●



Alkaline dental care

Place some salts on a moistened toothbrush. Clean your teeth vertically as usual. ●



Alkaline rinse for the mouth and nose

Add a heaped teaspoon of AlkaBath to a litre of warm water to make a mouth and nasal wash. For the nasal wash, we recommend using a nasal rinse beaker. Add a knife tip of AlkaBath to the water in the beaker. ●



Convincing, even in terms of economy

AlkaBath comes in various sizes of packaging for every conceivable need. You can see the cost-effectiveness of these revolutionary alkaline mineral bath salts for yourself by looking at our table below. ●

<i>Yield</i>		
Packaging size	Foot baths	Full baths
75 g	10	1 - 2
750 g	100	15
1500 g	200	30
3000 g	400	60

Ingredients:

Sodium bicarbonate, sea salt, sodium carbonate, natural minerals, agate, carnel, citrine, chrysoprase, chalcedony, sapphire, rock crystal and onyx.

Dosage:

3 tbsp per full bath, 1 tbsp per hip bath, 1 tsp per footbath, 1 tsp per litre of water for compresses, alkaline stockings, salt dresses, salt leggings, etc.

Recommendations:

- Bathe for at least 30 minutes, preferably for 60-90 minutes
- Brush regularly using a bath brush
- Bathe at body temperature
- Use lower temperatures if you have varicose veins
- 1-2 full baths and 4-5 footbaths per week

Take advantage of the benefits of the alkaline mineral body care with its pH of 8.5! You will feel so much better in your skin!

