



Tierra Buena
company

TierraBuenaCompany.com

CLAY RECIPES

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WELCOME

Welcome to Tierra Buena Company and thank you for your purchase of Pure Clay®. We are thrilled to be sharing this well-kept wellness secret with you. Calcium bentonite clay has been used medicinally for thousands of years due to its incredible ability to detoxify, revitalize and nourish the human body. Knowledgeable healthcare practitioners today use it for those same amazing properties.

There are numerous ways to use clay both internally and externally. In the following pages, you'll find many of our favorite tried and true Pure Clay® recipes. We know you'll enjoy using our clay to care for your family naturally, the same way we do here at Tierra Buena Company.

Yours in Wellness,

Tierra Buena
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PREPARATION TIPS



Always use glass or plastic when preparing clay.



Avoid contact with metal utensils as this weakens the drawing power of the clay.



As with any powder product, avoid inhalation of clay powder.



Choose high-quality ingredients like organic shea butter, apple cider vinegar, coconut oil, and essential oils to mix with Pure Clay.®



Hydrated clay preparations, kept in a sealed container, should keep for several weeks. Refrigeration can extend shelf life.

*These recipes have only been tested using Pure Clay®. Because most other clays on the market do not have the same tested quality, mineral and chemical composition as Pure Clay®, we cannot assure the same results will be achieved if an inferior product is used.

DRINK

detox

INGREDIENTS

6 Tbsp Pure Clay®
3 cups Water

DIRECTIONS

Mix clay with water and shake thoroughly to dissolve. Refrigerate overnight.

This gives the clay time to “bloom” so that it will taste better and work more effectively.

Start by drinking 1 Tablespoon of clay water and slowly increase to 4 Tablespoons each day.

You can take the clay water straight or add it to food or a smoothie.

Most people usually notice the benefits of taking clay internally within a week.



POULTICE

apply

INGREDIENTS

1/4 cup Pure Clay®
1/4 cup Apple Cider Vinegar
or Water



DIRECTIONS

In a glass bowl mix equal parts (1:1) Pure Clay® and apple cider vinegar or water.

Mix well with a silicone whisk and let rest for 20-30 minutes to thicken.

Apply thickly to skin condition. Cover with gauze or bandage for 3 hours or overnight. During overnight application, cover with bandage and plastic wrap to keep clay moist. When clay dries out, remove with warm water and re-apply. As long as clay is wet, it is working.

Using the above recipe, use the prepared clay for:

Burns
Cuts
Scrapes
Rashes
Bug bites
Muscle Pains



FACE MASK

apply

INGREDIENTS

- 1/4 cup** Pure Clay®
- 1/4 cup** Apple Cider Vinegar



DIRECTIONS

Mix clay with apple cider vinegar using a silicone whisk. Let rest for 15 minutes to thicken.

Apply liberally to face, avoiding eye area. Leave on skin 15-30 minutes, until sticky dry. *Halve that time for sensitive skin.*

Rinse off with warm water and moisturize with coconut oil or your favorite moisturizer. *Some redness is normal, as the clay draws the blood flow to the surface so that it can pull oil, dirt and toxins from the pores.*

Because clay has a high alkaline pH, we like to use apple cider vinegar, which is acidic, to balance out the pH so it doesn't dry out the skin.



ANTI-ITCH CREAM

homemade

INGREDIENTS

4 Tbsp Pure Clay®
6 Tbsp Filtered Water

Optional: A drop or two of Lavender or Melaleuca Essential Oils



DIRECTIONS

In small bowl, combine ingredients well.

Apply directly to bites and cover. Reapply as needed.

Store in an airtight container.

H2O

Essential Oils



HOMEMADE TOOTHPASTE *all natural*

INGREDIENTS

- 4 Tbsp** Coconut Oil
- 4 Tbsp** Pure Clay®
- 2-3 Tbsp** Filtered Water
- 1/2 Tsp** Sea Salt
- 10-15 Drops** Peppermint Essential Oil

Optional: Add a few drops of liquid stevia for sweetness.

DIRECTIONS

Mix coconut oil, clay, and salt in a small bowl.

Start with just one tablespoon of water.

Working with the back of a spatula, "cream" the ingredients together and add more water until you like the consistency. *(If you choose to add in a few drops of liquid stevia, this is the step to do it.)*

Add in the peppermint oil (or cinnamon or spearmint) and then mix until well combined.

Store in airtight container.



HAIR MASK

detox

INGREDIENTS

- 1/2 cup** Pure Clay®
- 1/2 cup** Aloe Vera Gel
- 1/4 cup** Apple Cider Vinegar
- 1 additional cup** Apple Cider Vinegar

DIRECTIONS

Mix Pure Clay®, aloe vera and 1/4 cup apple cider vinegar together and work into hair.

Put on shower cap and allow to sit for 20-30 minutes. (Don't let the mixture dry.)

Rinse with the additional cup of apple cider vinegar and allow to sit for 1-3 minutes, then shampoo.



CLAY DIAPER BALM

antimicrobial

INGREDIENTS

1/2 cup Shea Butter
2 Tbsp Coconut Oil
1/4 cup Pure Clay®

Optional: 2-3 drops Lavender or Tea Tree Essential Oils

DIRECTIONS

In a double boiler, gently melt shea butter over low heat.

When almost melted, stir in coconut oil and continue to heat until fully melted.

Remove from heat, transfer to a glass bowl, and allow mixture to return to a semi-solid state.

Place mixture in fridge if you'd like to speed this process up.

Add Pure Clay®.
Add optional essential oils if desired.

Mix thoroughly.

Apply with clean hands as needed.

Coconut Oil



Shea Butter



Essential Oils



NATURAL BABY POWDER

INGREDIENTS

Pure Clay®

DIRECTIONS

Powder lightly every diaper change while rash is active on babies over 3 months.

