

## **Moor Mud Mask Application**

**Printer-Friendly Version** – Please note: links will **NOT** work from this page and you should go to: <http://www.moormask.com/page/application-instructions-moor-mask> for a video tutorial and/or application instructions with photographs.

For normal, undamaged skin, apply Moor Mud Mask at 5-7 day intervals. For all other skin types, use daily as a Facial Mask/Body Treatment for 21 days then drop down to a maintenance routine of applications once every 3-5 days. You will need to experiment with this, as everyone is different and maintenance times will vary according to the individual. If your condition is severe, you will probably need to use the Facial Mask every 3 days or so.

If you eat an unhealthy diet, internal cleansing is recommended so the mask can achieve its desirable effect. You should consult your physician or doctor before undertaking any type of internal detox. If you don't need or decide not to alter your diet, you will still see the results of using Moor Mask®, but they may not be achieved as quickly or as dramatically.

The most important thing to remember when applying the Mud Mask, is that unlike a traditional Mud Mask, Moor Mask® should not be allowed to dry out on the skin. The only exception to this is if you are using Moor Mask® as an acne treatment, in which case you should allow the Mud Mask to dry out only slightly before spraying it with water.

Before you start, familiarise yourself with the photos on this page so you know how the mask should and shouldn't look during facial treatments.

Do not let Moor Mask® dry out in the jar as you use it. Be sure to cover the remaining contents with a thin layer of filtered or bottled water to maintain its integrity.

Following these instructions might seem a bit overwhelming for first time users, but we promise that after a few treatments, application will become second nature, and the results are well worth the effort.

- Before using the mask, stir the contents of the jar thoroughly to ensure the Moor water and the Facial Mask are completely mixed.
- Place enough Moor Mask® into a cup or bowl to cover the area you wish to treat. Using it straight from the jar with your application tools may contaminate the remaining mask.
- Check the Mud Mask for thickness. You are aiming for it to just 'hang' from your (clean) fingers or brush. If it is too thick, you can mix it with a small amount of lukewarm or cold filtered/bottled water. Keep adding small amounts of water until you have achieved the required consistency.

- Cleanse areas to be treated with a mild vegetable-based soap, or ideally one of our [Moor Mud Soaps](#) and wash then rinse the area well and pat dry gently.
- Moor Mask® should be applied with a brush. See the [Application Tools](#) page for our Mud Mask accessories. We recommend a good quality [Facial Mask Brush](#), which is perfect for the job.
- Apply facial mask to 'toughened' areas first, leaving more sensitive areas until last. For example, apply to spots, chin, sides of nose and forehead first, then to neck and cheeks.
- For the first 4 or 5 treatments, avoid using the mask on the eyelids, under the eyes and on the mouth. See the separate section below for more information about this. On your 6th facial, you can include these areas for treatment.
- On visible capillaries or extra sensitive skin, you might prefer to leave the application across these areas until the last 2 minutes of treatment initially, until the skin normalises.
- For your first treatment on normal or dry skin, leave the mask on for only 3-5 minutes. For male, oily and problem skin, you may increase this time to 5-8 minutes.
- For following treatments, increase the time the Moor Mud Mask is left on the skin to a maximum of 10 minutes for normal, dry or sensitive skin and 15-20 minutes if you are treating acne or problem areas.
- Once you have completely applied the mask and it is on your skin, you must keep it damp. Should you be lucky enough to have easy access to a sauna or steam room, this is a great way to keep the mask damp with minimal effort, although be careful not to get the mask so wet that it starts to drip off the skin. Alternatively, the best way to do this is to use an atomiser misting/spray bottle with a fine or adjustable spray. See the section 'What you will need' above.
- Use the misting spray from a distance by holding the bottle with your arm stretched out slightly. You want to keep the mask damp, but not so wet that it starts to drip off the skin.
- Once the allotted treatment time is up, the mask can be easily removed with warm water. A soft flannel is best to use for this and don't worry, Moor Mask will not permanently stain fabrics, so you can safely throw it in the washing machine after use and it will come out as good as new.
- If there is any remaining mask left on the skin, it can be removed gently with damp cotton wool pads.
- Gently pat the skin dry with soft tissue. Any redness to the skin will diminish shortly.
- If at all possible, you should not apply any other product to the skin for at least 4 hours, or preferably overnight.

## **Moor Mud Mask Application - Things to Remember:**

- After treatment, you should relax for at least 30 minutes and drink plenty of water. An application of Moor Mask® will encourage your skin to release any stored toxins back into the bloodstream, so that your body can eliminate them. Drinking water and resting helps in flushing these from your system as quickly as possible.
- Users suffering with moderate to severe acne report a worsening of their condition initially. Should this be the case, we recommend that you discontinue using any chemical products on your skin at the same time as you are undergoing the normalisation process. This will allow the Moor Mud Mask to work without interference and enable you to ascertain the effect the actual mask is having on the skin.
- During the purging process when first using the facial mask, you may experience a dryness or 'tightening' of the skin. Should this occur, please resist the temptation to use other products (including moisturiser) on your skin for at least 4 hours, and for maximum benefit, overnight.
- Other skin purging symptoms can include itchy patches, red blotches and whiteheads. This is all perfectly normal and should subside by week 3. If your condition is severe, or you have multiple conditions you are attempting to treat, it can take longer for the skin to regulate itself.

## **Eyelids and Lips:**

After 4 or 5 Moor Mask® facials have been applied, the facial mask may be put on to the eyelids (be careful to avoid getting it in the eyes). This will help to combat drooping and prevent further sagging. You can also apply Moor Mud Mask under the eyes if bags and/or dark circles are an issue. For the first time application on these areas, you should only keep the mask on for 3 minute, slowly increasing to a maximum of 10 minutes during subsequent treatments. If crepey skin, eye bags, crows feet, dark circles, under eye bags or puffy eyes are of a particular concern, we recommend our intensive [Eye & Lip Mask](#) be applied to these areas. The [Eye & Lip](#) version of our [Facial Mask](#) can also be used on any stubborn problem areas you may have anywhere on the face or body.

## **Moor Mud Facial Mask - Other Uses:**

You can use Moor Mask® daily if necessary, anywhere on the body for help in relieving painful inflammatory conditions in joints, bunions, burns, sunburn, gout, liver spots etc. However, it should not be used on any open sores or wounds.