



Eye Stones:

The eye stones are made from the green stone. They run .05-.1 mRem/hr.

They also have an electric charge that promotes healing and stimulation.

These stones are placed on top of the closed eye while in a reclined position. We recommend using the mudpack along with the eye stones, placing it over the eye with the eye stones on them. We suggest starting out at 1 hour per day with these stones and working up to longer periods of time.

Call your wellness instructor for more information.

The Mud Pack:

The mudpack should stay in the plastic, so do not cut the bag. If the packing breaks or leaks, do not be alarmed. The contents are not dangerous to your skin.

Do not expose the pack to extreme hot or cold temperatures; doing so may damage the plastic. You may run the mudpack under warm or cold water to make it more comfortable to have against your skin. It may also be used dry.