

WE DO NOT RECOMMEND FRESHWATER GREEN MUD IF YOU HAVE

- Increased body temperature
- Hypertensive disease (high blood pressure), serious heart diseases
- Acute illnesses
- Chronic diseases in exacerbation stage or complications with an acute condition, purulent processes
- Blood diseases in at the acute or exacerbated stage
- Tuberculosis and other infectious diseases Paralysis of central genesis
- Oncological illnesses
- Unclear diagnosis for joint, skin or other diseases

MARENCE PRODUCTS



Freshwater Green Mud extracts are also found in Marence skin care cosmetics. The type of extracts used in skin care cosmetics are recommended for daily use on skin, body and hair.

Marence has a wide range of daily skin care products, including face creams, lifting creams for eyes, shampoos, hair masks, body oils, soaps and other effective and natural cosmetic products.



Please contact one of our product consultants who would be happy to answer your questions or help you choose a product best suited to your needs.
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FRESHWATER GREEN MUD

Mud has been used in medicine and cosmetics for centuries. Freshwater Green Mud is formed in lakes and contains all the necessary vitamins and minerals for human body recovery and skin care.

Freshwater Green Mud contains: vitamins C, B1, B2, B3, B5, B6, B7, B9, D, E and P; rutin; natural antioxidants; lipids; enzymes; humic acids; fulvic acids; and amino acids.

Freshwater Green Mud is formed over thousands of years, it is an ecologically pure and biologically active natural resource which allow the valuable nutrients to be deeply absorbed by the skin.

Using Freshwater Green Mud applications and masks is a multi-beneficial process: your body uses the valuable minerals in the mud and also releases toxins.

Freshwater Green Mud also has strong antibacterial and antioxidant effects. Freshwater Green Mud has no side effects.

* I.Kokare, L.Butane, I.Valaine. The effectiveness of the treatment of patients suffering from osteoarthritis of the knee joint with MARENCE freshwater sapropel mud applications a randomized, prospective study. Paula Stradina Clinical University Hospital, Center for Physical Medicine and Rehabilitation 2018. Riga, Latvia



MARENCE
NATURE TREATS NATURE

FRESHWATER GREEN MUD



FOR HEALTH & BEAUTY

FRESHWATER GREEN MUD TREATMENT CAN BE USED IN

- healing of bruises, wounds, scars, burns or fractures
- treatment of chronic inflammation
- depression or chronic headaches and migraines
- particular gynaecological concerns or urological diseases
- skin diseases including atopic dermatitis, psoriasis, seborrhoea, acne or pigment stain
- fungal diseases
- treatment of peripheral circulatory disorders, or the prevention and treatment of early-stage venous diseases
- treatment of joint degenerative diseases, musculoskeletal or neuro muscular diseases

RESEARCH ON THE TREATMENT OF OSTEOARTHRITIS PATIENTS SHOW:

- a statistically significant reduction of pain recovery
- of mobility
- improvement of the body's condition
- maintaining remission of symptoms for at least 6 months

Before usage of Freshwater Green Mud, we recommend consulting your doctor, dermatologist or other appropriate medical specialist.

Freshwater Green Mud can have different effects depending on the temperature of the mud.

For example, warm mud applications improve blood circulation and metabolism, while cold mud applications narrow blood vessels and slows down metabolism.

The optimal temperature for mud applications is 35-38°C which is achieved by warming the mud in hot water. Overheating the mud can reduce its effectiveness.

APPLICATIONS IN ARTHRITIS TREATMENT*

Use as a course of 10-12 sessions, three times a week.

1. Apply application on the arthritis affected joint, cover with plastic and wrap in a towel.
2. Let it sit for 20-30 minutes.

APPLICATIONS IN JOINT PAIN AND TRAUMA TREATMENT

Use as required.

1. Apply the Freshwater Green Mud application on the traumatised joint once a day, cover with plastic and wrap in a towel.
2. Let it sit for 20-30 minutes.

APPLICATIONS FOR THE TREATMENT OF PSORIASIS SYMPTOMS

Use as a course of 10-12 sessions, every second or third day. Repeat the course when necessary.

1. Apply the Freshwater Green Mud to the areas affected by psoriasis, cover with plastic and wrap in a towel.
2. Let it sit for 1h-2hrs.

It is possible to apply the treatment to the particular spots most affected by psoriasis, for example elbows or knees. It is important that the mud does not dry because it contains valuable vitamins and minerals that can only be absorbed by your body when wet.

FRESHWATER GREEN MUD BATH

Marence Freshwater Green Mud baths can be used for:

- general relaxation
- pain relief when dealing with stress
- the process of healing broken bones and the treatment of psoriasis symptoms
- strengthening immunity, detoxification
- healing swollen joints curing fungal diseases

A Freshwater Green Mud bath is recommended as a course of 10-12 sessions, every second or third day with courses repeated 2-3 times a year.

1. Prepare 35°C hot water bath.
2. Add 25gr of Freshwater Green Mud for every 10 litres of water in the bath.
3. Stay in the bath for 15-20 minutes.
4. Rinse body in lukewarm water and apply Marence body oil.

After the bath it is recommended to rest for 15-30 minutes and avoid rapid temperature changes.

Do not use more than one Freshwater Green Mud application at a time, for example, do not take a Freshwater Green Mud bath at the same time as a hair or facial Freshwater Green Mud application.

HAIR MASK

Strengthens damaged hair, reduces itchy scalps from seborrhoea, dandruff, and psoriasis symptoms, relieves headaches, tiredness and tension, and helps hair become shiny and healthy.

1. Wash your hair with shampoo and towel dry.
2. Apply Freshwater Green Mud mask to the scalp, gently massaging.
3. Put a shower cap on and then cover your head with a towel, let the mask sit for 30 minutes.
4. Rinse your hair with warm water.
5. Let your hair dry naturally or use a hair dryer in the coolest setting.

Recommended course of 10 times sessions, 2 times a week and 2-3 times a year.

HAND MASK

Moisturizes the skin, helps restore the skin's self-healing abilities, treats damaged nails, improves the condition of nails after fungal diseases and reduces the symptoms of psoriasis.

1. Wash your hands, use Marence body scrub for a hand peel, if necessary.
2. Warm the mud mask up to 38°C in warm water, Apply a 1-2 mm thick layer of mud on your hands and fingers.
3. Cover hands in plastic and then wrap your hands in a towel, let it sit for 15-30 minutes.
4. Wash your hands and apply Marence's moisturizing hand cream.

MASK FOR FEET

Helps to heal tired and swollen legs, helps to restore the skin after a fungal disease, and reduces the symptoms of psoriasis.

1. Wash your legs and feet, use Marence body scrub for a foot peel, if necessary.
2. Warm the mud up to 38°C in warm water, apply a 1-2 mm thick layer of mud to your feet.
3. Cover feet with plastic and wrap in a towel, let it sit for 30-40 minutes.
4. Wash legs with warm water and rinse with cool water, apply Marence body oil to your feet.

Recommend course for hands and feet masks – 10-12 times, 1-2 times a week, or when necessary. If hand skin is very dry, itchy or cracked, apply mask every other day.

Recommended before going to bed.

