

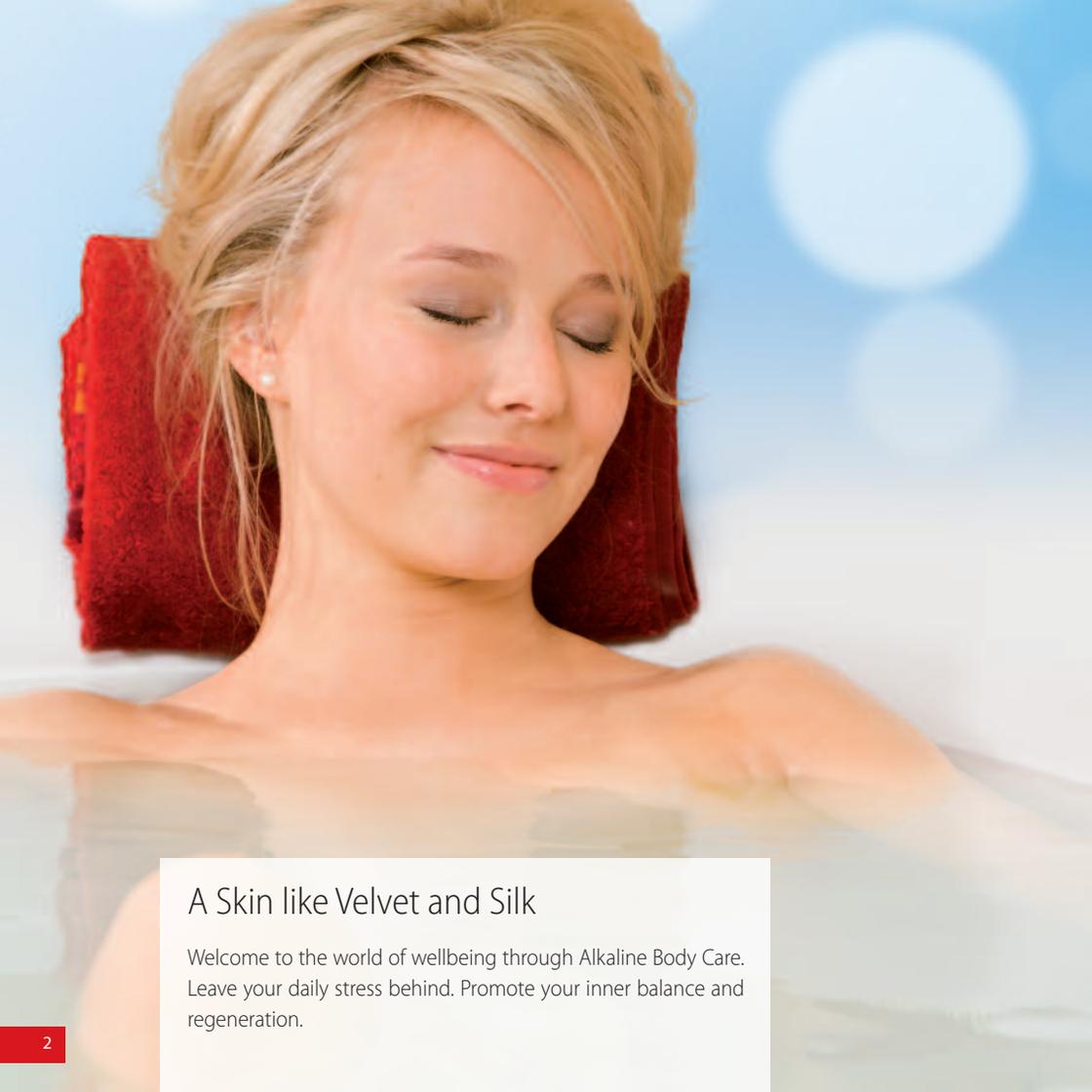
*P. Jentschura*<sup>®</sup>

# **AlkaBath**<sup>®</sup>

Alkaline mineral body care salt

The original since 1993  
with 8 finely ground precious stones





## A Skin like Velvet and Silk

Welcome to the world of wellbeing through Alkaline Body Care. Leave your daily stress behind. Promote your inner balance and regeneration.

# Alkaline-Mineral Body Care

## – Humans' Most Natural Body Care

Do you dream of having pure, tender and well circulated skin like babies have?

For nine months babies grow in the “full bath” of the amniotic fluid. With a pH-value of 8 to 8.5 the amniotic fluid is slightly alkaline. Babies are born with an alkaline pure, soft and sweet-smelling skin. So why not take a leaf out of nature's book and practise alkaline body care?

### The Operating Principle

Alkaline body care clears the skin of eliminated acids and toxins. This is a signal for the body that further acids can be excreted. Alkaline body care actively uses the elimination function of our skin and thus relieves the whole organism. Furthermore it optimizes the self-oiling process of the skin and makes it pleasantly soft.

#### The Advantages of Alkaline Body Care

- ✓ deacidification
- ✓ elimination of the acidic environment of fungi
- ✓ optimal self-oiling of the skin
- ✓ pleasant body odor
- ✓ regeneration
- ✓ relaxation



# AlkaBath with Eight Precious Stones

Experience the great powers of the finely ground gemstones agate, carnel, citrine, chrysoprase, chalcedony, sapphire, rock crystal and onyx. They are carefully balanced to the chakras of the body and help to open them and to care for a continuous flow of energy.

In our increasingly technological world electro smog, e.g. from electrical and electronic devices, from mobile radio masts etc. may lead to energetic stress. Further, in our fast-moving world we have to cope with the constant pressure to perform and to meet deadlines, with multitasking and overstimulation, with stressful and hectic lives. In order to better meet the daily requirements and burdens we should find the right balance between activity and recovery times.

Alkaline body care means to consciously devote more time for ourselves. Full baths with AlkaBath ensure a harmonious balance between body, mind and soul and help us gain new energy, peace and strength for our everyday life.

## The natural power of the eight precious gemstones





*"In order to better understand the effect of the healing stones, we should familiarize with the world and the nature both of gemstones and of humans. Only then we will be able to understand how and in which way both communicate with each other."*

*Michael Gienger*

The formulation of AlkaBath not only takes into account the deacidification but also the regeneration of body, mind and soul. The ingenious selection of the 8 gemstones harmonizes the organism in a very particular way.



## Regeneration at Its Best

"For an optimal regeneration and a natural increase in performance I have an alkaline bath after sport."

*Urs Zumstein  
Professional Fitness Athlete and Owner of a Gym*

# Alkaline Body Care – the Applications

## For a full bath you will need:

3 table spoons of AlkaBath  
warm water at a temperature of 36 – 38° C  
1 brush, may be with a handle

### Tip:

First run the water, then sprinkle in the salt. For cleaning the bath tub, we recommend a vinegar-based cleanser.

## The Alkaline Mineral Full Bath

Enjoy the pleasant alkaline mineral full bath. It relaxes body, mind and soul from our sometimes exhausting everyday life. The full bath activates the largest surface of the skin and thus most sweat and sebaceous glands of our body. Therefore it is the most powerful alkaline application.

## The Alkaline Mineral Foot Bath

Foot baths are perfectly suited for starting alkaline body care. You can take foot baths every day, as they support the gentle decacidification of the organism. In natural medicine our feet are deemed to be our "auxiliary kidneys" and by a regular alkaline care they can support the cleansing function of our kidneys.

## You will need:

1 teaspoon of AlkaBath  
1 foot bath tub  
warm water at 38° - 41° C  
1 brush, may be with a handle

**TIP:** Regular brushing during the alkaline foot and full baths optimizes the process of decacidification.



# AlkaWear® – Alkaline Functional Textiles



## AlkalineStockings

*Legs and Arms Regenerated Overnight*

AlkalineStockings are well suited for all rest phases during daytime or nighttime – for wellness and relaxation. You can wear them on legs and arms.



## AlkalineCuffs

*Fit, Mobile and Active*

The elastic, non-slip AlkalineCuffs are well suited for all activities, particularly during and after sports. This application has proven its worth on the lower legs, the upper arms and forearms.



## AlkalineWraps

*Relaxation for Back and Belly or as a Helpful Liver Wrap*

With its pocket-like opening the liver wrap is designed in such a way as to permit the use of an additional heat source, e.g. a hot-water bottle or a mud cushion.



## How does AlkaWear become alkaline?

Dissolve 1 tsp of AlkaBath in ½ liter of water and use it for moistening the armpit cushions, the neck- and forehead wrap, the alkaline stockings and cuffs, the body wrap and the alkaline coat.





A woman with blonde hair and blue eyes is wearing a white turtleneck neck wrap and a white bathrobe. She is smiling and adjusting the wrap around her neck. The background is a soft, out-of-focus blue with two light blue butterfly silhouettes. A white text box is overlaid on the bottom left of the image.

## Special Advantages of AlkaWear®:

- ✓ complement to the alkaline full and foot baths
- ✓ effective deacidification
- ✓ beneficial support during a detox treatment
- ✓ helpful with many locally occurring problems

# AlkaWear® – Alkaline Functional Textiles



## **AlkaWear® – Alkaline Neck and Forehead Wrap**

*Effective Cleansing of forehead and head, of nape, neck and décolleté*

Since time immemorial warm wraps have been used against headaches and sore throat. The alkaline neck and forehead wrap may also be used on arms and legs, on knees and elbows.



## **AlkaWear® – Alkaline ArmpitCushions** (Patent Jentschura International GmbH)

*Stress-free Appearance*

The Alkaline ArmpitCushions absorb the sweat from the armpits and their use ensures a confident and relaxed appearance at work and during leisure time. They support the deacidification of the head and the upper torso.



## **AlkaWear® – AlkalineCoat**

*Alkaline Tucked in for a Sound and Restful Sleep*

The AlkalineCoat provides a pleasantly cooling effect during the night for all those who suffer from night sweat.



## **AlkaWear® – Alkaline BodywrapCloth**

*Enjoy the BodywrapCloth for Pleasant Relaxation and Warm Feet*

The alkaline BodywrapCloth can be worn overnight, when taking a rest during the day, during a massage or after a body treatment or similar.



## Special Alkaline Applications



### Regenerating Alkaline Care for Face, Neck and Décolleté

Apply the damp fleece mask for about 20 minutes onto clean skin. Regularly moisten the fleece with AlkaBath solution, because the alkaline water evaporates and is also absorbed by the skin.

Tip: Application ideal during a full bath or a foot bath.

#### You will need:

- 1 pinch of AlkaBath
- 1 small bowl
- 40 ml of warm water at 36 -38° C
- 1 P. Jentschura Alkaline FleeceMask

### Alkalinity Instead of Deodorant

How about a natural deodorant for a change? Apply the alkaline solution onto the armpits which have been previously washed with soap and allow the solution to dry on the skin.

#### You will need:

- 1/2 teaspoon of AlkaBath
- 1 sink or wash basin
- cool or warm water at 36° - 38° C



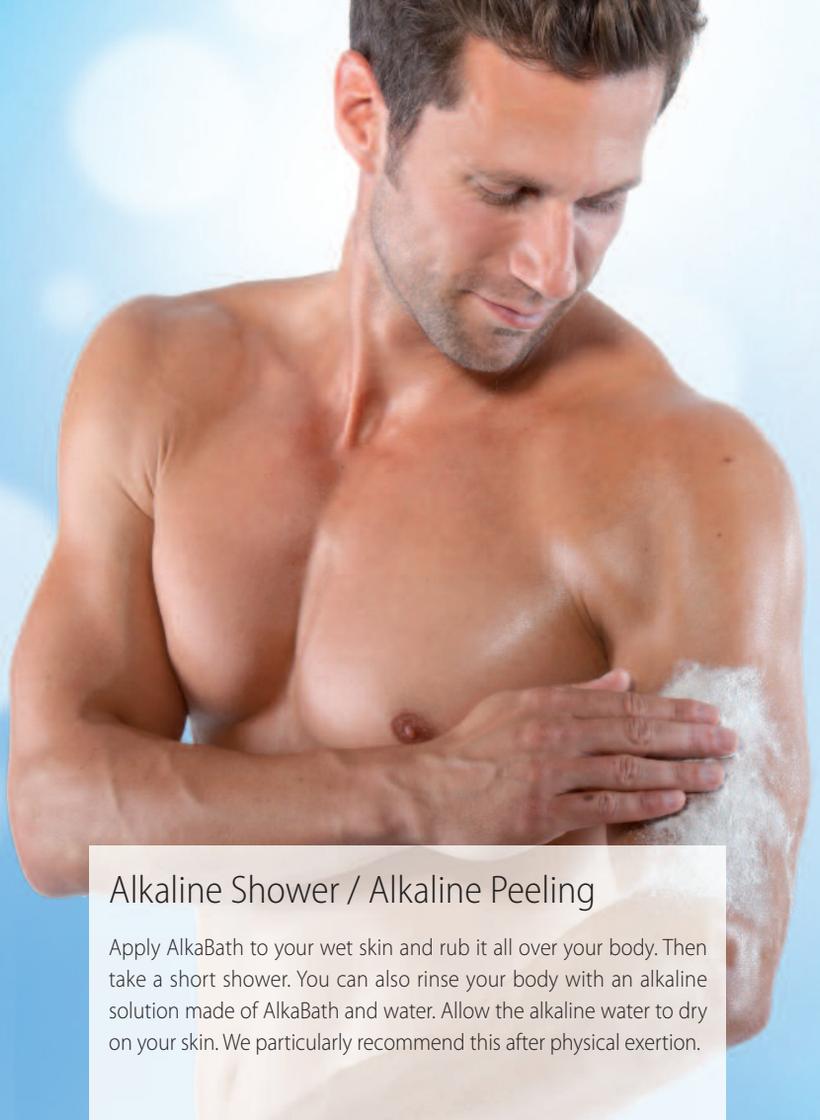
### Alkaline-Mineral Massage

Apply a high-quality skin oil together with AlkaBath and massage in gently. The massage removes dead skin cells and stimulates the circulation.



### Professional Alkaline Applications

Enjoy an individual treatment by professional beauty specialists, e.g. an alkaline herbal stamp massage, a salt-honey massage, or an alkaline face and décolleté treatment or similar.



## Alkaline Shower / Alkaline Peeling

Apply AlkaBath to your wet skin and rub it all over your body. Then take a short shower. You can also rinse your body with an alkaline solution made of AlkaBath and water. Allow the alkaline water to dry on your skin. We particularly recommend this after physical exertion.



# Natural Care for Mother and Child

## Healthy and Beautiful during Pregnancy and Breastfeeding

During pregnancy the mother-to-be should apply high standards to her body care. It should on the one hand be natural, and on the other hand provide ideal protection for the stressed skin of the expectant mother. The young mother should enjoy a relaxing timeout in an alkaline bath while her baby sleeps.

### We recommend:

- regular alkaline full baths or foot baths
- alkaline stockings during rest phases
- alkaline cuffs during activities
- alkaline body wraps

## Alkaline Care for the Nappy Area

Apply AlkaBath solution with a soft cloth and let dry.



### You will need:

- 1 pinch of AlkaBath
- 1 bowl
- 1 cup of warm water at 36 – 38° C

## Alkaline Full Bath for Children

The alkaline bath ensures gentle cleansing and a pleasant self-oiling of the soft baby skin and does not sting or burn in the eyes. It is also suitable for sensitive skin. Especially in the evening the warm full bath is a proven aid for babies and small children to gently fall asleep.

### You will need:

- 1 tsp of AlkaBath for a children's bath tub of approx. 20 liters



*The P. Jentschura facial brush has proven to be the ideal brush for a gentle brushing of baby's skin and hair.*

# Alkaline Steam Bath

Experience the feeling of a silky-soft skin after an alkaline steam bath. For this purpose you intensively rub the larger areas of your body with a salt and honey paste.

After the steam bath take a shower to rinse off the paste.

## You will need:

1 heaped tbsp of AlkaBath and 1-2 tbsp of liquid honey. Mix with a bit of water to obtain a spreadable paste.

## The Ideal Steam Bath:

### *Before the steam bath:*

- 2 hours before drink 1 – 2 cups of 7x7 AlkaHerb
- 1 – 2 hours before take some teaspoons of WurzelKraft
- ½ hour before drink half a liter of still water

### *During the steam bath:*

- sweat for 10 minutes
- rub on the salt and honey paste
- sweat for another 10 to 15 minutes
- afterwards rinse off with water



# Alkaline-Mineral Rinses



## Alkaline Mouth and Nose Rinse

For alkaline mouth and nose rinses add a level teaspoon of AlkaBath to one liter of warm water. For nose rinses we recommend to use the P. Jentschura nasal rinse beaker. Add one pinch of AlkaBath to the quantity of water in the beaker.



## Alkaline Tooth Care

Dissolve some AlkaBath with water in a tooth mug and immerse your tooth brush. Then add fluoride-free toothpaste and brush your teeth as usual.

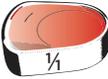
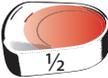
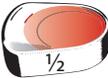
## Alkaline Inhalation

Add 1 teaspoon of AlkaBath to 1.5 to 2 liters of boiling water. Inhale two to three times a day for two to three minutes as needed. This is a proven remedy to treat colds, chronic rhinosinusitis, bronchitis, asthma, hay fever and other allergies.



# Alkaline Body Care with pH 8.5

## Inspired by Nature

Application	Dosage
Full Bath	approx. 3 x  = 3 table spoons
Foot Bath	approx. 1 x  = 1 teaspoon
Wrap	approx. 1 x  = 1 teaspoon + 1/2 litre of water

### Ingredients:

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

### Yield of AlkaBath

75 g suffice for 1 – 2 full baths or 10 foot baths  
750 g suffice for 15 full baths or 100 foot baths  
1500 g suffice for 30 full baths or 200 foot baths  
3000 g suffice for 60 full baths or 400 foot baths

### Information:

Depending on the dimensions of the bath tub it may be necessary to increase the dosage in order to obtain an optimal pH-value.



Reg.Nr. 25-1008A

### CERTIFIED QUALITY

AlkaBath® is controlled by an officially recognized food chemist.



Certified according to  
BDIH Standard for  
Natural Cosmetics

## Recommendations:

- bathe for at least 30 minutes, better 60 to 90 minutes
- during the bath occasionally rub with a brush
- bathe at body temperature; in case of varicose veins choose lower temperatures
- for cure treatments take 1 – 2 full baths and 4 - 5 foot baths per week
- use AlkalineStockings / AlkalineWraps as needed

Advice and assistance:



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