

P. Jentschura[®]

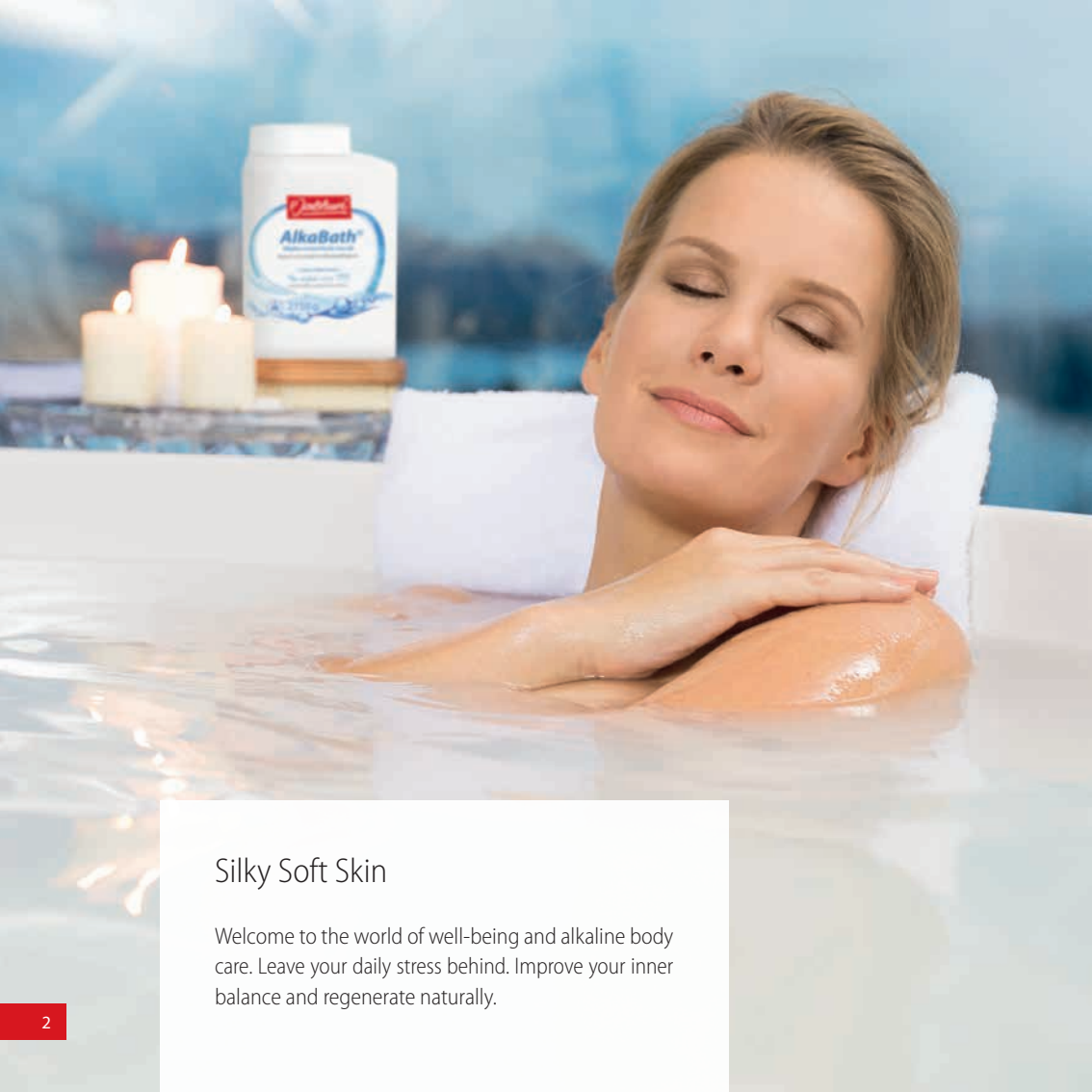
AlkaBath[®]

Alkaline mineral body care salt



The original since 1993
with 8 finely ground precious stones





Silky Soft Skin

Welcome to the world of well-being and alkaline body care. Leave your daily stress behind. Improve your inner balance and regenerate naturally.

P. Jentschura Body Care – Inspired by Nature

Alkaline Mineral Skin Care

Do you dream of pure, even toned 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 alkaline. Babies are born with an alkaline pure, soft and sweet-scented 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-moisturizing process of the skin leaving it pleasantly soft.



The Benefits of Alkaline Body Care

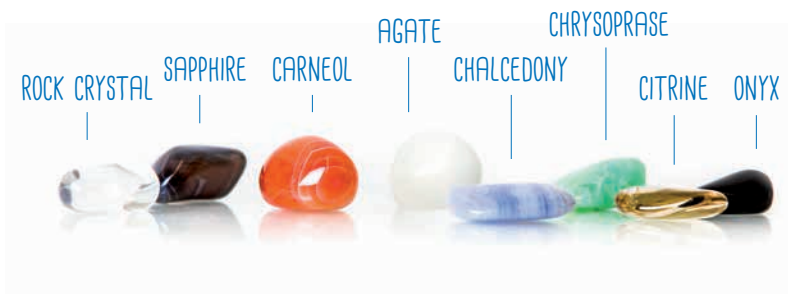
- de-acidification
- eradicates fungi
- optimal self-moisturizing of the skin
- neutral body odor
- regeneration
- relaxation

AlkaBath with Eight Precious Stones

Experience the vitalizing energy 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 support a continuous flow of energy.

In our increasingly technological world electro smog, e.g. from electrical and electronic devices, from mobile radio antennas 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 a stressful and hectic lifestyle. In order to better meet the daily challenges we ought to find the right balance between activity and recovery.

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





"In order to better understand the effects of the healing stones, we should familiarize with the realm and the nature both of gemstones and of humans. Only then will we be able to understand how they communicate with each other."

Lithotherapist Michael Gienger



Increasing Effectivity

Body brush massages during alkaline full and foot baths optimize the excretion results. Regular brushing ensures good blood circulation and silky-smooth skin.

Alkaline Body Care – the Applications

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. Therefore it is the most effective alkaline application.

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, use an ecological vinegar based detergent.

You will need:

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

The Alkaline Mineral Foot Bath

Foot baths are ideal for getting started on alkaline body care. You can take foot baths every day, as they support the gentle de-acidification of the organism. In natural medicine our feet are deemed to be our “auxiliary kidneys” and with regular alkaline care can support the elimination function of our kidneys.

Alkalinity as a Deodorant

How about a natural deodorant for a change? Apply the alkaline solution onto clean and dry armpits and allow to dry on the skin.

You will need:

- 1 pinch of AlkaBath
- cool or warm water at 36° – 38° C

AlkaWear – Alkaline Functional Textiles

Special Benefits of AlkaWear:

- effortless support during a detox treatment
- complements alkaline full and foot baths
- effective de-acidification
- helpful with many locally occurring problems

How does AlkaWear become alkaline?
Dissolve 1 tsp of AlkaBath in ½ l 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.



Alkaline Stockings

These are suitable for all rest periods by day and by night providing well-being and relaxation. They can be worn on arms and legs and are also ideal travel companions. For those who do not have a bath tub, a combination of alkaline foot baths and stockings are particularly recommended.

Alkaline Cuffs

Fit and flexible for any activity, the elastic, slip-proof alkaline cuffs are recommended especially for sports activities and travelling. This application has proven its soothing effect on lower legs and arms increasing your well-being without additional expenditure of time.



Alkaline Body Wrap

Relaxation for stomach and back or applied as a detoxifying liver wrap. It is designed with an additional compartment to accommodate a hot water bottle or a natural moor cushion.



Alkaline Nape and Bronchial Tubes Wrap

Neck pain, tensions and headaches have reached epidemic proportions. Lack of exercise, every-day stress, office work, long car drives – all of these can cause tense neck muscles, shoulder pain and headaches. The innovative alkaline nape and bronchial tubes wrap combined with the unsurpassed alkaline body care salt, AlkaBath, relieves muscular tension in the neck and shoulder areas effectively and aids noticeably improved mobility. Applied as an alkaline bronchial wrap, it eases respiratory problems.



AlkaWear
Alkaline Functional Textiles by P. Jentschura

A woman with blonde hair, wearing a white bathrobe, is smiling and applying a white, textured neck wrap around her neck. She is holding the ends of the wrap with both hands. The background is a bright, out-of-focus indoor setting.

A Reliable Household Remedy

Alkaline Neck and Forehead Wrap

Effective cleansing of forehead and head, of nape, neck and décolleté. Since time immemorial warm wraps have been used to relieve headaches and sore throat. The alkaline neck and forehead wrap may also be used on arms and legs, on knees and elbows and other small joints.



(Patent Jentschura International GmbH)

Alkaline Coat

Experience a relaxing sleep, wrapped in an alkaline coat. It provides a pleasant, cooling effect valued highly by those suffering from insomnia caused by strong sweating. The alkaline coat consists of an inner shirt and an outer coat. The inner shirt may be worn dry or moistened with an alkaline spray.



Alkaline Armpit Cushions

Enjoy a confident appearance at work and during leisure time. The alkaline armpit cushions absorb sweat from the armpits. They support the de-acidification of the head and the upper torso and can be worn dry and moist. Soaked in an alkaline solution of MeineBase, they neutralize acidic sweat and smells.



Alkaline Body Wrap Plaid

Enjoy the body wrap cloth for pleasant relaxation and warm feet. This light-weight, soft cotton plaid can be worn overnight, when napping during the day or during a body treatment.

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: Apply 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 fleece mask

Alkaline Mineral Massage

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

Expert Alkaline Applications

Enjoy a luxurious treatment by professional beauty specialists such as an alkaline herbal stamp massage, a salt-honey massage, or an alkaline face and décolleté treatment.

Alkaline Shower

Owing to its high-quality ingredients such as Aloe Vera, natural minerals and herbal extracts the alkaline shower gel provides a soft and well-balanced texture of the skin. BasenSchauer may also be mixed with AlkaBath at a ratio of 2:1 for an energizing shower scrub.



A photograph of a man with short, dark hair and a light beard, shirtless, looking down at his left arm. He is applying a white, foamy scrub to his forearm with his right hand. The background is a bright, out-of-focus indoor space, likely a bathroom or shower area.

Daily Refreshment

Alkaline scrub

Mix a pinch of AlkaBath with BasenSchauer, apply on your wet skin and rub all over your body. If you have very robust skin you can use only the bath salt for a shower scrub. Rinse off with clear water. You can also rinse your body with an alkaline solution made of AlkaBath and water. Allow the alkaline water to dry on your skin. This is particularly recommended for regenerating after sports activities.



The very best
of nature!

Natural Care for Mother and Child

Healthy and Beautiful during Pregnancy and Breastfeeding

During pregnancy the mother-to-be ought to 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. It is recommended to wear alkaline stockings by night and alkaline cuffs during the day. Alkaline stomach wraps support the regeneration of stretched skin.

Alkaline Care for the Nappy Area

Apply AlkaBath solution with a soft cloth and leave to dry.



THE P. JENTSCHURA FACIAL BRUSH – THE IDEAL BRUSH FOR SENSITIVE BABY SKIN AND HAIR

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 l

Alkaline Steam Bath

Experience silky-soft skin after an alkaline steam bath. Rub the larger areas of your body with a salt and honey paste and feel the difference.

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 ½ l 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
- rinse off with water

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.

Steam baths and sauna sessions are very efficient applications for regenerating and body cleansing. In addition, a combination with AlkaBath stimulates the body's de-acidification leaving the skin supple and even-toned. Steam baths following sports activities have proven especially valuable because the warm treatment helps the muscles to relax while de-acidification reduces possibly aching muscles.







Alkaline Mineral Rinses

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 l 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 Mouth and Nose Rinse

For alkaline mouth and nose rinses add a pinch of AlkaBath to 250 ml of warm water.

Proven Alkaline Regeneration

Alkaline body care is possible everywhere and at any time. It promotes regeneration at all stages of life.

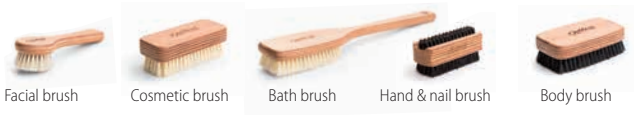
For optimum success it is recommended:

- to take a bath of at least 30 minutes - ideally 60 to 90 minutes
- to take baths at body temperature; lower temperatures in case of varicose veins
- to take 1 to 2 full baths and 4 to 5 foot baths every week
- to wear alkaline stockings and cuffs; alkaline wraps as needed

Discover the right type of brush for each type of skin

Ideally, you brush your skin every 10 minutes during an alkaline bath. This will increase the excretion capacity of your skin and the efficiency of de-acidification.

P. JENTSCHURA BRUSHES FOR DRY AND WET BRUSHING



JUST FOR DRY BRUSHING



FOR HAIR AND SCALP CARE







Certified according to
BDIH Standard for
Natural Cosmetics



DOSAGE AID
ON THE UPPER SIDE OF
THE LID






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AlkaBath at a glance

Application	Dosage
Full bath	approx. 3 x  (3 table spoons)
Foot bath	approx. 1 x  (1 teaspoon)
Wrap	approx. 1 x  + ½ l of water (1 teaspoon)

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.

Yield of AlkaBath

75 g = for 1 – 2 full baths or 10 foot baths
750 g = for 15 full baths or 100 foot baths
1500 g = for 30 full baths or 200 foot baths
2750 g = for 55 full baths or 366 foot baths

Ingredients:

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



UPPER SIDE
OF THE LID

The lid of the AlkaBath packing also serves as a convenient dosage aid. Two markings are provided on the **upper side** of the lid. When you fill the lid up to the external marking this will correspond to 1 table spoon while filling it up to the inner marking is equal to 1 teaspoon.

Advice and assistance:



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