



# Clay Paste

I have used this clay paste so many times! It is amazingly fast and powerful for reducing pain and swelling from stings and bites.

## Ingredients:

- 2 tablespoons bentonite or green clay
- 10 drops lavender essential oil
- 3 tablespoons cool water

## Directions:

Place clay in a bowl, add lavender essential oil, and then slowly add the water, making a paste. The clay helps draw out the venom from the sting and gets rid of the itch. The lavender essential oil dramatically relieves the swelling and pain.

## How to Use:

Apply the paste to the affected area. Cover it with plastic wrap or gauze and leave it on for 30 minutes. Repeat this in 4 to 6 hours if needed.