TREATMENT INSTRUCTIONS

Treatments with Black Sea lye and mud

Six treatments for spa, balneo and rehabilitation centres — steps, timing, temperature and quantity. With ANCHIALO products, made in Pomorie.

Lye is the liquid concentrate that remains in the salt pans after the sea water evaporates and the salt crystallises. Liman mud is the silt from the bottom of Lake Pomorie. The two have been used together in mud therapy for generations — these instructions set them out for work in your centre.

Before every treatment

- ✓ Warm the lye and the mask only in a water bath, to 38–40 °C. Never in a microwave.
- ✓ Lye is a concentrated salt solution: it stings on scratches or irritated skin. The first time, try it on a small area.
- ✓ The mask is not for the face — it dries the skin. Protect the eyes; if it gets into them, rinse thoroughly with water.
- ✓ Best after a shower — the minerals penetrate clean skin more easily.
- ✓ With high blood pressure, heart disease, pregnancy, acute inflammation or fever, the client should consult a doctor.
- ✓ The products are natural cosmetics notified in the CPNP and do not replace treatment prescribed by a doctor.

TREATMENT	PRODUCT	QUANTITY	TEMPERATURE	TIME
1. Lye compress	Lye, undiluted	200–300 ml per area	38–40 °C	15 min – several hours
2. Lye bath	Lye	0.5–2 l per bath	up to 38 °C	15–20 min
3. Massage with lye gel	Massage gel with lye	100 g back · 200–250 g body	—	absorbs in 20 min – hours
4. Warm mud compress	Mask with lye and mud	150–200 g per area	warm or room temp.	30–40 min
5. Mud wrap	Mask with lye and mud	500 g	warm or room temp.	30–40 min
6. “Black Sea Ritual”	Lye, mask, gel	see the steps	—	about 90 min



The ANCHIALO range — lye, mud mask, massage gels and oils. Made in Pomorie.

1 Lye compress

Warmth and minerals right on the area — the joints, back or shoulders.

Product: lye, undiluted | **Temperature:** 38–40 °C | **Time:** 15 min – several hours | **Course:** 12–14 treatments

STEPS

1. Warm the lye in a water bath to 38–40 °C — never in a microwave.
2. Soak a cotton cloth: gauze, a cotton or flannel towel.
3. Apply the compress: wrap the knee and ankle twice; for the back and shoulders, spread the cloth flat.
4. Cover with film, then with a towel or woollen cloth to keep the warmth in.
5. Leave on for 15 minutes to several hours.

Quantity: 200–300 ml of lye per area.

Cold version: the same with unwarmed lye — if the client does not tolerate heat.

2 Lye bath

Relaxation and minerals for the whole body, in an ordinary bathtub.

Product: lye 950 ml or 3/5 l canister | **Quantity:** 0.5–2 l per bath | **Temperature:** up to 38 °C | **Time:** 15–20 min

STEPS

1. Fill the bath with 60–70 litres of water, no warmer than 38 °C.
2. Pour in 0.5 to 2 litres of lye and stir.
3. The client stays in the water for 15–20 minutes.
4. After the bath — a shower with clean water.

Local bath for hands or feet: 50–100 ml of lye in 5–10 litres of water, 10–15 minutes.

Tip: a few drops of essential oil — juniper or lavender — make the bath even more pleasant.

3 Massage with lye gel

Classic and sports massage — the gel is ready to use and is not diluted.

Product: massage gel with lye, 5 kinds | **Absorption:** 20 min – several hours

STEPS

1. Apply the gel to the whole body or only to the area you are massaging.
2. Massage according to your centre's standard.
3. Let the gel absorb — from 20 minutes to several hours. No need to wash it off: once the water evaporates, only the salt remains on the skin.

Quantity: 100 g of gel for the back · 200–250 g for the whole body.

Tip: the client can continue at home with the same gel — offer it at reception.

4 Warm mud compress

The mud and lye mask, applied in a thick layer to one area.

Product: body mask with lye and mud | **Temperature:** warm or room temperature | **Time:** 30–40 min

STEPS

1. If you like, warm the mask in a water bath to 38–40 °C.
2. Apply a thick layer to the back, shoulders or knees — by hand or with a brush.
3. Cover with film, then with a towel.
4. Leave on for 30–40 minutes.
5. Rinse with clean water — no soap or shower gel.

Quantity: 150–200 g of mask per area.

Caution: not for the face — it dries the skin. Protect the eyes.

5 Full-body mud wrap

The whole body in the mud and lye mask, then rest.

Product: body mask with lye and mud | **Time:** 30–40 min | **Course:** 12–14 treatments

STEPS

1. The client takes a shower.
2. Apply the mask in a thick layer to the whole body, avoiding the face.
3. Wrap in film and cover with a towel — the client rests.
4. After 30–40 minutes, rinse with clean water, no soap or shower gel.

Quantity: 500 g of mask for the whole body — almost a whole 600 g jar.

Tip: cover the couch with a TNT sheet — it is easy to clean.

6 "Black Sea Ritual"

A suggestion for your spa menu — about 90 minutes, using only products from the range.

Products: lye, mud mask, gel | **Time:** about 90 min

STEPS

1. Friction: rub the body with a sponge soaked in lye diluted 1 to 10 — 5–6 minutes. Then a shower.
2. Full-body mud wrap — 30–40 minutes. Rinse with clean water.
3. Lye bath — 15–20 minutes.
4. Massage with lye gel — according to your centre's standard.

Why it works on the menu: a treatment with a clear story — the salt pans and mud of Pomorie — and products the client can buy at reception.

Pack sizes for centres

Black Sea lye	500 ml · 950 ml · 3 l and 5 l canisters
Mask with lye and mud	500 g · 600 g · 4.5 kg and 7.5 kg buckets
Massage gels with lye	300 g · 3 kg · 5 kg — 5 kinds
Massage oils with lye	350 ml · 950 ml · 5 l

Wholesale prices are in the Luga.bg trade zone and in our price list — we send it on request.