

## Tonis Mustard Treatment For Skin

1. Take about one teaspoon of mustard powder, mix it with an equal or lesser amount of cold water, combine both well to make a smooth paste with no lumps or clumps, and leave it to stand for 10 minutes to develop its full potency. Add this to a single portion of anything like body wash and/or shampoo and use it daily. Let it sit on your skin for about five minutes, then rinse off. This is safe to use on private parts.
2. Mix mustard with body lotion, then you can apply it after your mustard shower/shampoo, and leave it on all day if you like. You can also put the mustard and water mix through a coffee filter before adding it to your body lotion if you prefer. You can also do another application of this before bed, mixed well with a little glycerine to ensure that the mustard stays hydrated all night.
3. It's important to note that once the mustard dries, it stops working. For all-day protection, you need to use something that will keep it hydrated. The lotion I'm using, which works best for this with me, is called Swanson's Brand Pycnogenol Cream. You can also try using glycerine as a carrier instead, or mixing five or so drops of glycerine into your lotion. Or try it with an oil like sweet almond or extra virgin olive oil with a generous few drops of lavender essential oil mixed in.
4. I like to take about half a teaspoon of mustard powder and mix it with about one ounce of hair conditioner, leave it on for a couple of hours, or until it starts to dry, then I rinse it out.
5. In a spritzer or spray bottle, I mix the dry mustard with Infusium hair treatment and use it on my scalp and hair during the daytime and before I go to bed - don't rinse this out.
6. For something that will help the mustard penetrate the skin, I have used a topical glycolic. Forget the liquid ones and get MD Forte Hand and Body Cream. But if you decide you want to try this out, **YOU MUST CONSIDERABLY REDUCE THE AMOUNT OF MUSTARD USED OR YOU WILL BURN**. This is because glycolics enhance the effect of the mustard. In this case, less is definitely more.
7. Of all the ways I've tried so far, just washing head to toe daily for the past six weeks with a teaspoon or less of dry mustard mixed with my soaps and applied after showers and mixing the same amount with my lotions has made me almost feel like I don't have anything going on anymore.