

Product description of SUOMAA therapeutic peat currently on sale

## SUOMAA therapeutic peat – 100% natural

### Nature's gift for health

There are a great many marshes in Finland that are thousands of years old, the deeper parts of which have decomposed in conditions without air or light under the pressure of the surrounding mass to form therapeutic peat. The only harder parts remaining in the peat mass are pieces of wood and bark, as over the millennia, the other vegetation has turned into a dense mass that is yellowish when dug up.

This batch of peat was raised from a depth of more than a metre in a swamp owned by Kaisla Aho in Alavus in October 2016. It is stored in food-grade plastic barrels in a cool, almost airless place. Samples were taken at the start of further processing in December 2018. The shelf life of the peat is tested by random spot testing of smaller amounts after packaging. Tested by: Fingredient, Tampere, Finland. jari.siivari@fingredient.com

Unit	Amount	Property 1.	Property 2.
Batch Alavus October 2016, analysis 12/2019			
Fe mg/kg	1.5		
Co mg/kg	<4		
Cd mg/kg	1.6		
Mn mg/kg	91.00		
Zn mg/kg	5.1		
Ni mg/kg	8.7		
Cu mg/kg	29.00		
As mg/kg	<4		
Pb mg/kg	0.5		
S %	0.20		
Ash %	4.0		
pH	4.70		
Composition %	90.1	Water concentration varies.	Evaporates rapidly.
Pectin %	1.3		
Hemicellulose %	5.0		
Cellulose %	12.4		
Humus acids %	28.4		
Fulvic acids %	20.2		
Lignanes, ppm	11.5		
Aerobic bacteria	<1,000		
Yeasts	<10		
Moulds	<10		
	No anaerobes or other harmful bacteria.	Storage preferably in an airtight bag or container in refrigerated conditions.	Evaporates more slowly in cold conditions.

The above figures and properties show that these marsh materials are within the limit values for raw materials for cosmetic products. In Central and Eastern Europe, peat has been used to treat a hundred different ailments—musculoskeletal pains in particular—as well as to speed up the healing of injuries. Acne and psoriasis respond well to peat mask treatment. It is currently believed that it is the high concentration of humus acids that is responsible for the positive effects of the peat. Their properties have been quite extensively studied and have been found to destroy the

herpes virus, for example. It is known that peat is sterile when dug from more than a metre in depth, and has antibacterial, antiviral and antifungal effects.

The peat is used for bath treatments (originally people immersed themselves in the marsh itself or in marsh water), either as a mask for the whole body or only for the face, for example. According to the treatment goals, peat can also be used on precisely defined areas of the skin. It is easily washed away in the shower. It can also be scraped off with a spatula or wiped off with a washcloth, adding a massaging effect to the removal process. A characteristically Finnish application of the therapeutic effects of peat is the peat sauna, where the peat remains moist due to the steam created in the sauna. Peat can be allowed to dry on the skin, in which case the exfoliating effect is maximised. In marsh water treatment, about half a kilo of peat is placed in a bathtub and dissolved in a smaller amount of water before adding the rest of the water. Properly handled, peat is fine-grained and flows down the drain well. It is best to ensure that floor drains are free from hair and other blockages before washing off peat in the shower. If it dehydrates, the peat becomes woody and may clog drains. There will be no problems with careful rinsing.

Peat treatment seems to effectively remove swelling, the skin becomes glowing, pains are relieved, and the quality of sleep improves. (Impact study 2008) Spinal mobility improves with a few treatments. Treatments can be carried out twice a day. Peat treatment can be combined with various massages and an infrared sauna, for example. Because peat treatment seems to intensify lymphatic circulation and reduce swelling, it is important to drink plenty of water, for example, 400 ml before the sauna. This reduces the risk of negative pressure forming in the tissues, which could cause headaches and other unpleasant sensations.

Please report any negative reactions, including suspected reactions, to us for entry in our register.

Valkeakoski, 2 September 2019

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