

TORFEN

Joint troubles

Neurologic illnesses

After fractures

Cosmetic and relaxing effect

NATURAL PRODUCT
FOR HEALTH, COSMETIC AND
SPA PROCEDURES

The peat is one of the most potent natural healing substances. A real gift of Nature, this organic mixture contains a multitude of humic and volatile fatty acids, mineral salts and oligo elements (potassium, calcium, magnesium, etc.), vitamins, lipids and enzymes, which tone and moisturises the skin, make it smoother and shining, and improve its elasticity. It nourishes and rejuvenates tissues, reduces inflammation considered a major cause of skin aging, wrinkles and many pains and illnesses. Thanks to the fact that the contents of the peat are easily absorbed by the human tissue, it helps for the wholesome relaxation of the body as well as the healing processes. And not in the last place the peat reinforces the immunity and re-charges the tissues with oxygen.

TORFEN is natural peat, dried to 60-65% humidity. It has a warming chemical and mechanical effect on the body and improves the organism's defensive functions. TORFEN is extracted from the only peat lake in Bulgaria. It is certified by the Bulgarian Ministry of Health (certificate No 1892/2002) and by the National Centre for Phytotherapy and Popular Medicine (No 42/28.02.1992).



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INGREDIENTS
AND USE

INGREDIENTS

Humic acids	28,53% to 52%
Organic substances	6,61%
Mineral substances	4,47%
Bituminous compounds	3,80%
Volatile fatty acids, organic nitrogen and other microelements	
Swelling rate	5,61%
Sediment volume, cm ³ /100 gr	24,27
□□	5,61%
Thermal capacity	0,853%



USE

With its unique physical qualities and chemical ingredients TORFEN has a wholesome effect on:

- muscles, bones, joints (Locomotory system) - has a soothing effect and accelerates the healing process
- chronic nerve inflammations
- after fractures and other
- strong anti-cellulite and draining effect
- it can be used for cosmetic purposes, as long as it improves the skin elasticity and turgor
- has general anti-stress (relaxing) effect

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METHODS OF
APPLICATION

TORFEN Wrapping

Mix up 10-15 spoons of TORFEN with hot water. Stir until receiving a mess (slush) Apply a 3 mm layer of the warm mixture all over the body. Wrap up with nylon and a thermo-blanket. Stay like this for 20 minutes. Wash and dry the body. Rest for another 30 minutes. The procedure has an exclusive detoxifying and nourishing effect on the skin and reduces tumefaction. Recommended 1-2 times a week.

TORFEN Applications

Mix up 5-8 spoons of TORFEN with hot water. Stir until receiving a mess (slush). Apply a 3 mm layer of the warm mixture on the peccant place (part of the body). Wrap up with nylon and a towel. Stay in peace for about 30 minutes (up to 2-3 hours). Wash up the mixture and dry the place. Recommended - serie of 10-14 procedures.

TORFEN Baths

Mix up 1/3 from the package in a filled up bath with warm water (t° 36-39 $^{\circ}$ □) and stir it well. Saty in the bath for 15-20 minutes. Wash up, dry and rest for about 30 minutes. You can also make partial baths by mixing 100-200 grams TORFEN in a vessel with warm water. Dip in the vessel the hand or respectively the leg. Duration of the procedure - 20-30 minutes.

Egyptian method

Make a mess of TORFEN and water as written in the Application method. Apply a 3 mm layer on the peccant palce or the whole body and stay in the sun until the mixtures dries out from the heat. Wash up the place and rest for half an hour.



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SPECIALIST'S
OPPINION

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Balneotourism*

Our team in „lozenets“ Sport & Recreation complex works with TORFEN for about a year. Knowing about the healing, soothing and anti-inflammation action of the peat we started applying it only in cases of joint pains by using one of the recommended methods. We often apply the treatment over 2 or more joints. Gradually we started using TORFEN with patients with back and shoulder pains. The effect was momentary. Right after 1-2 procedures the pain in the joints and the tumefaction decreased, the movement volume increased. In order to achieve even better results we combined the TORFEN therapy with other physiotherapeutic procedures. The necessary course is 10-15 procedures. The easy application and the handy packaging makes possible applying the product in home conditions. That's why the patients satisfied with it's effect buy TORFEN for home use to continue the treatment or to use it for prevention at the first symptoms of pain.

In the working process we often had to make TORFEN Applications on 2 or more joints, that's why we began applying it all over the body. We observed how the skin changed - its colour, elasticity and turgor. Thus we developed a cosmetic and anti-cellulite therapy with TORFEN which includes peeling usually combined with massage to ensure the better penetration of the peat's ingredients in the skin. The necessary quantity of TORFEN is mixed with hot mineral water. To enhance the effect you may add several drops of ethereal oil (relaxing or stimulating). The warm mixture is applied all over the body including the face. The body is wrapped in nylon and warming blanket. Stay like this for 20-30 minutes and after that wash the peat off. The skin is well moisturized and no additional end cosmetic products are needed. The whole procedure lasts 45-50 minutes. It has incredible effect, improves the blood circulation and the skin elasticity.

TORFEN therapy is extremely pleasant, the effect is incredible and the skin- soothed and refreshed.



CERTIFICATE

TORFEN

NATURAL PRODUCT FOR HEALTH PPROCEDURES

is recommended by the Bulgarian Association
of Balneotourism for health, cosmetic and SPA
procedures.

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