



REFLECTION'S OF OUTSTANDING HEALTH

HOW TO PREPARE SEAMOSS GEL

- 1. Thoroughly clean your Reflection's Sea Moss to rid sand and other sea debris**
- 2. Soak your Sea Moss for 24 hours at room temperature**
- 3. The Sea Moss will have a slippery texture and double in size**
- 4. Drain and rinse again**
- 5. Add your distilled water with a Sea Moss into a blender and blend until smooth and creamy**
- 6. Once complete let Sea Moss rest in your desired jar to thicken**