

# Mommy & Me Kit



**Argil (green clay)** - cleanses pores, detoxes skin, gentle hypoallergenic exfoliant and skin purifying masque. Use 2-3 times a week as a masque or a pinch where needed as needed.

**Hoba (jojoba oil)** - gentle and effective skin moisturizer and conditioner, after bath, after shave, on lips, cuticles, dry hands, heels, tiny bottoms (after diaper change) and to prep skin before makeup and clean it up too.

**Geran (geranium flower water)** - skin hydrator with anti-inflammatory properties, gentle on skin, helps reduce redness and skin irritation, great after shave, after wax, a great natural deodorant.

## Energy & blood circulation with Hoba Oil for Mommy



Before shower have a bottle of Hoba oil handy. And your favorite dry brush or exfoliating mitt. This drybrushing ritual and Hoba treatment will leave you with more energy and ready to 'carpe' whatever comes your way!

**1 minute** - every day if you can before shower, grab a dry exfoliating mitt, and with C-shaped motions quickly massage your legs from toes up (don't forget inner thighs), arms and torso, always moving towards the heart - this drybrushing routine will increase blood circulation, boost energy and help slough dead skin cells.

**2 minutes** - shower (while you are in the shower, warm up the back of the neck to get the stagnant lymph to drain, massage face with upward gentle motions and parts of the body where lymph nodes are to keep the blood going. TIP: This is a good time for Argil green clay masque as well.

**2 minutes** - pat slightly if you are dripping wet, but don't dry your skin completely. Add a few drops of Hoba oil and massage with gentle circular motions towards the heart from face, to arms, to toes.

## And for your baby...

- after bath instead of moisturising cream
- on dry skin patches and on cradle cap - gently massage onto warm, slightly wet skin after bath
- on red and irritated skin in-between diaper changes (or just between diaper changes)
- on dry lips and little hands (always use on warm, slightly wet skin)
- to soothe skin under red, overwiped noses

## Easy tone and detox masque with Argil

Start your shower! While water is warming up, grab your mixing bowl, **pour 1-2 tsps of Argil** green clay into it. Add a few drops of warm water from the tap to get smooth, slightly runny and creamy consistency - this takes about 5 seconds. Splash some water on your face and apply green clay mixture to face, brows, in around nostrils and neck / decolette area. Shower as usual, and rinse your green clay masque last. When you get out, do not dry your face, leave it slightly wet and apply a drop of Hoba on face and neck and whatever is left on your hands and run through your hair - you are cleansed, primed, moisturized, and conditioned!



## And for your baby...

- enjoy a masque together with your kiddo (toddlers and up) - it is a fun thing to do when they take a bath too
- having a little clay in the bath helps detox and cleanse skin without soap

## Healthy, hydrated skin with Geran



Geranium flower water or Geran is way underrated for what it does for skin. Naturally anti-inflammatory and anti-bacterial, it is a gentle natural ingredient that can help with skin dryness, redness, inflammation and even with some cellulite puckering. This is how we use Geran.

Use Geran before using any oil. If you are using Hoba, after shower massage a few drops of Geran into skin and then add Hoba to seal the moisture. You can use Geran instead of water with Argil green clay facial masque. Not necessary but you absolutely can. But if you use the same mixture now for areas of skin where some more loving is needed, where some cells got stagnant and might have some cellulite, massage the mixture into skin. Or just massage Geran into skin without clay. Both help promote blood circulation. Geran is great for reducing skin redness after shaving or after peels and other med spa procedures. It is gentle and calming for skin. Some of our customers report great results using Geran on their legs to reduce appearance of broken capillaries. And if you need coffee (who does not), add a spoon of geranium water to your French press, Turkish Coffee or any coffee you are making. You might have a new favorite coffee recipe!

## And for your baby...

- use on red, irritated skin to soothe
- great to help with eczema and skin dryness
- does not sting...

