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Alfheim



ESSENTIAL OILS & AROMATHERAPY

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Personal Care Soap Series

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Yukarı Dudullu Mahallesi

Ünalın Sokak No:3

PK: 34775 Ümraniye/ İSTANBUL

Alfheim

ESSENTIAL OILS
AROMATHERAPY



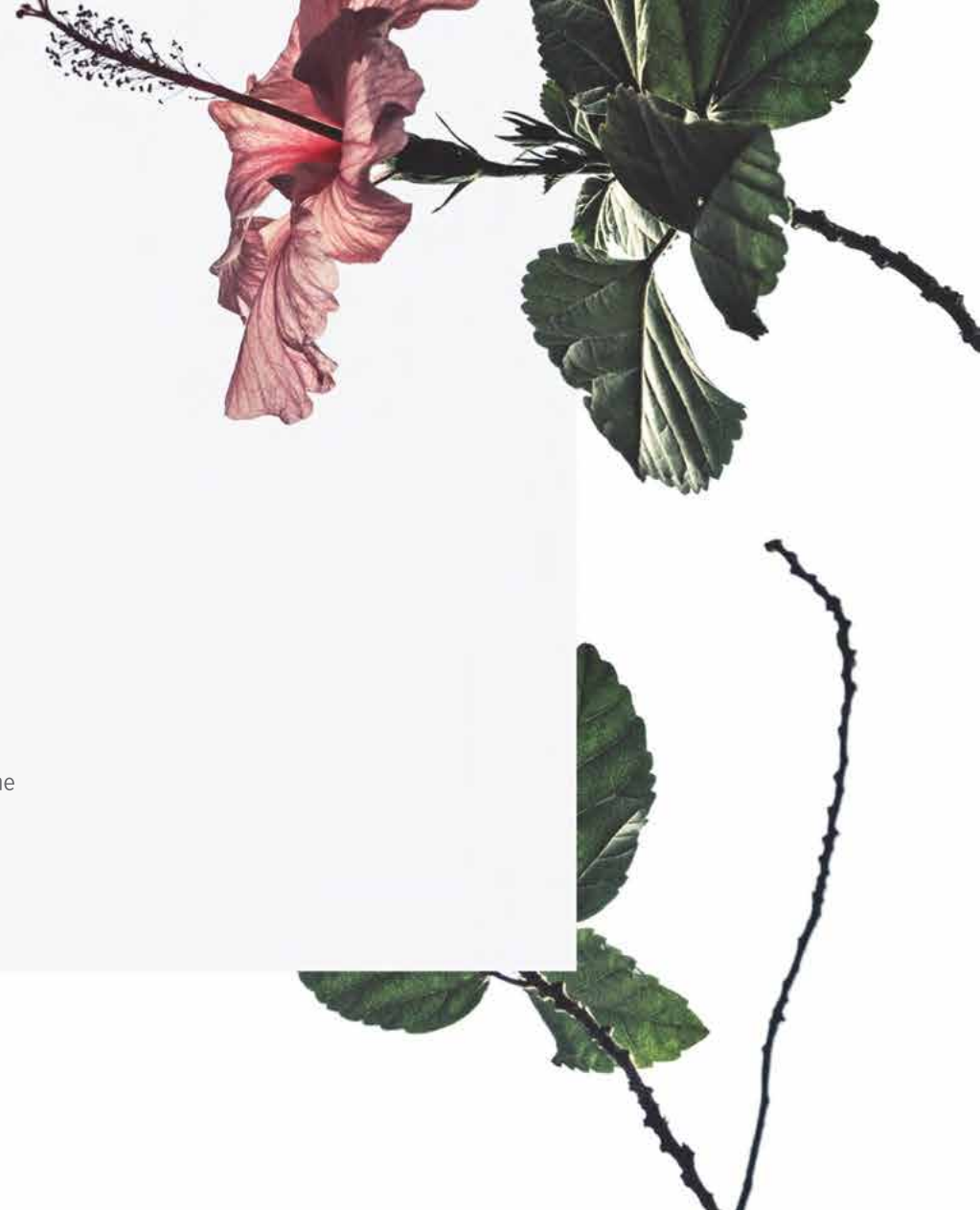
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ALFHEIM: A JOURNEY TO THE HEART OF ESSENTIAL OILS

Imagine you are walking through a park or garden on a beautiful summer's day, and seeing a magnificent rose bush covered with bright pink flowers. Stop for a minute and smell its scent. Stop and feel that absolute sense of goodness; here you have experienced aromatherapy.

All this fragrance harmony is created by plants. They are found in roots, leaves, fruits, flowers, and trees. In a delicate drop distilled from the plant on the fields that spread far, all the gardens of the world are hidden.

Aromatherapy exists to create a healthy, happy and balanced soul-body integrity with these special gifts from plants. Twenty years ago, we set out to discover all the beautiful scents of the world. We have worked to bring the miracles of nature to you. These thousands of years old secrets inspired Alfheim aromatherapy products. With this unique experience, you can share our secrets and make the moments you live curative.



Applying Methods in Aromatherapy

1•Massage: This application should be done by professionals who have knowledge about the bone, muscle and nervous system of the human organism. Due to their irritating properties, essential oils are not suitable for direct use for massage. They must be diluted with carrier oils. You can blend the essential oils of your choice by dropping them into the recommended carrier oil. (5 drops for every 10 ml)

2•Compress: A few drops of essential oil can be dropped on a handkerchief or napkin and applied to the required area.

3•Inhalation: Calming, relaxing, comfortable and balanced environments can be created by dropping 3-4 drops of Alheim Essential Oil on the fragrance stones or fragrance lamps.

4•Bath: Bathing and massaging essential oils will keep them in direct contact with your skin. The warmth of the bath water or the heat of friction created by the massage helps the tiny essential oil molecules to pass through the upper layer of the skin and enter the bloodstream.

5•Friction: Sufficient amount of oil is applied with small area circular sliding and pressing movements made with thumb, fingers and palm. Friction affects subcutaneous muscles and tissues. Its effect is direct.

Points to Consider in Aromatherapy Practice:

It takes more than 100 kilograms of herbs for just a few grams to extract precious oils from some plants. This essence is precious oils that are genuine concentrates of active ingredients.

- Essential oils should be used by diluting with carrier oils while massaging.
- Essential oils should not come into contact with the eyes during application.
- It should be kept out of the reach of small children and pets.
- People with diseases such as hepatitis, epilepsy, cancer, Parkinson's disease, allergies should consult a healthcare professional before using them.



COLLECTION

Ancient Egyptians used Geranium oil to beautify their skin. The ancient Romans used Roman chamomile oil to give their courage during the war. Australian aborigines benefited from the cooling effect of tea tree oil. For thousands of years, many civilizations have benefited from the magic of essential oils. 100% Natural Alfeim Aromatherapy products are waiting for you to benefit from this knowledge of thousands of years.

PRECIOUS OILS

Chamomile Essential Oil

Production method: Distillation

Source: Flower

Country of Origin: Romania

Botanical name: *Chamaemelum Nobile*

Roman chamomile is an indispensable part of the Alfeim Precious Oil collections. Having a peaceful, soothing character, the spread of chamomile in the air before bedtime can create a wonderful relaxing effect.

Drip 2-4 drops onto the diffuser or censer for calmness and relaxation. Add a few drops to the face cream or lotion. Use regularly to have a soft and radiant skin.



Frankincense Essential Oil

Production method: Distillation

Source: Resin and gum

Country of Origin: Somalia

Botanical name: *Boswellia Serrata*

Frankincense, one of the precious oils due to its rich aroma, is often referred to as the “king” of essential oils. Centuries ago, Egyptians used frankincense resin in everything from perfumes to ointments. Its soothing and beautifying properties can rejuvenate the skin and help reduce the appearance of blemishes when applied topically.

For a soothing effect, rub Alfeim Frankincense Oil into your hands after spending a long day in the garden. Add 2 drops of moisturizer to reduce the appearance of blemishes and rejuvenate your skin. Massage your skin to encourage feelings of relaxation and balance mood.





ALFHEIM PRECIOUS OILS

Jasmine Essential Oil
Immortelle Essential Oil
Melissa Essential Oil
Lavender Essential Oil
Sage Essential Oil
Tea Tree Essential Oil
Vetiver Essential Oil
Ylang Ylang Essential Oil
Juniper Essential Oil
Bergamot Essential Oil
Rosemary Essential Oil
Basil Essential Oil
Grapefruit Essential Oil
Geranium Essential Oil
Clove Essential Oil
Thyme Essential Oil
Lemon Essential Oil
Peppermint Essential Oil
Eucalyptus Essential Oil
Patchouli Essential Oil
Orange Essential Oil
Cedarwood Essential Oil
Cinnamon Essential Oil
Ginger Essential Oil



CARRIER OILS

Organic Hemp Seed Oil

It is obtained from 99% cleaned organic cannabis seeds by organic production processes and cold pressing method. Alfheim Organic Hemp Seed Oil, a rich source of Omega-3, Omega-6 and Vitamin E, helps support skin and body functions. It can be safely consumed internally and externally with its unique and optimal ratio of Linoleic Acid, Alpha Linoleic Acid, Gamma Linoleic Acid and Omega-3 Stearidonic Acid content. It does not contain allergens, sugar and salt.



Grape Seed Oil

Grape seed oil has a natural vitamin E content and a powerful antioxidant effect. This effect is much greater than the antioxidant effect of vitamin C. Grape seed oil protects the skin and delays aging. Since it is a very light oil, it is easily absorbed by the skin. It is one of the best massage oils used in aromatherapy. It is highly effective for the delicate tissue around the eyes and throat and mature skin.



Rosehip Seed Oil
Borage Oil
Tamanu Oil
Cactus Flower Oil
Apricot Kernel Oil
Jojoba Oil
Sweet Almond Oil
Wheat Germ Oil

Argan oil
Babassu Oil
Fig Seed Oil
Rice Bran Oil
St. John's Wort Maserati
Sesame oil
Almond oil
Coconut Oil
Mango Butter Oil
Shea Butter Oil





AROMATHERAPY

Aromatherapy is telling how precious oils will react positively to the body emotionally, physically or mentally. This entire process takes as little as a second. Using oils aromatically is a great option to improve your mood quickly and easily.

INHALATION

Aromatherapy is the telling of precious oils how to react positively to the body emotionally, physically or mentally. This entire process takes as little as a second. Using oils aromatically is a great option to improve your mood quickly and easily.



Alive Essential Oil Mixture

The most modifying energizing combination of juniper, sage, grapefruit, lemon balm, lemon and clove for a clear, energetic and dynamic mood. Experience Alfheim Alive with 5-10 drops preferably on the air diffuser or censer.



Flower Lover Essential Oil Mixture

A luxurious, fresh fragrance design from Affheim for flower lovers. You will find the perfect harmony of jasmine, ylang ylang, balm, chamomile, lavender and Geranium in this stylish bouquet. If you wish, you can evaluate the roll form of this stylish design as your personal perfume choice to create a balanced, purified and spacious home and office environment.



Breathe Essential Oil Mixture

Proper breathing is the biggest need of both body and soul. That's why lemon, eucalyptus, mint and rosemary, which have the effect of enhancing the quality of the breath we take, came together in Alfheim Breathe Essential oil mixture, for the nourishment of both your soul and body with every breath.

MASSAGE



Ambiance Massage Oil

Alfheim Ambiance has been specially formulated for you to turn your special moments with your beloved into a loving, stimulating and enjoyable activity. Massage takes on another meaning with the synergy of ylang ylang, patchouli, orange, cinnamon, lemon, grapefruit, cedar, clove and lavender. Essential oils are perfectly absorbed under the skin without feeling greasy thanks to the fractionated coconut oil purified from its large chains with a special process in its content.



Relief Massage Oil

A good relaxing massage after a busy and tiring day is a great method to get rid of all burdens. Alfheim Relief meets all your needs with its soothing formula enriched with frankincense, lavender, chamomile, orange, basil, ylang ylang, sage and vitamin E. Essential oils are perfectly absorbed under the skin without the feeling of oily, thanks to the coconut oil fractionated with a special process in its content.



THERAPY ROLL

The aromatic mixes that will change your mood are in roll-on form for you to always carry with you. You can easily use the Alfheim Therapy roll series wherever you want, and you can reach the magical effects of aromatic oils at any time.



Alfheim Nausea

Alfheim Nausea is a refreshing first aid bottle designed to prevent and relieve nausea during travel, exciting moments, pregnancy and discomfort. With the relaxing effect of mint, ginger and cinnamon, you can make your experience comfortable by applying it to the back of the ear, inside the wrists and the nose.

Thanks to the coconut oil fractionated with a special process in its content, the essential oils are perfectly absorbed under the skin without feeling oily.



Alfheim Breathe

A good breath is essential for our well-being. Alfheim Breathe is produced to relieve the breathing tract and refreshing feeling with lemon, eucalyptus, nan and rosemary extracts. You can make your breathing fluid by applying it behind the ear, inside the wrists, and around the nose.



BABIES AND CHILDREN

All babies are born with a pure and uncontaminated temperament. Aromatherapy is the perfect complement to support their temperament in the same natural way, away from synthetic chemicals.

Soothing Baby Balm

Soothing Baby Balm for babies from Alfheim Kids. It was created from 100% natural ingredients to contribute to the routine skin care of babies and to prevent diaper rash on their sensitive skin, suitable for babies' gentle skin.

Sandman Essential Oil Mixture

Sandman essential oil mixture from Alfheim Kids series specially prepared for children by Alfheim. For a sound sleep ...

Little Hero Essential Oil Mixture

Little Hero Massage oil from the Alfheim Kids series has been formulated to accelerate the healing of wounds, burns and injuries.



PETS

PawPaw

PawPaw paw and nose balm in Alfheim Pets category for our cat and dog friends. It is formulated to restore the old health by caring for dry, damaged paws and tip of the nose.







SELF CARE & PROFESSIONAL SOLUTIONS

FACIAL CARE

“ Clear and Radiant Skin Tone “

Spotlight Face Cream & Spotlight face Care Oil

Spotlight Face Cream, which is composed of concentrated natural extracts obtained from citrus fruits, helps to reduce age spots, provide skin tone evenness and achieve a radiant and smooth skin. Spotlight Face Care Oil, which you will use before or alone, helps to remove color tone inequalities and brighten the skin thanks to its rich formula.



“ Healthy and Firm Skin Texture”

Firming Face Cream & Firming Face Care Oil

The precious agave plant has a comfortable polysaccharide net that touches the skin, has both a remarkable tightening effect and an effective filling performance on wrinkles. Its peptides support the production of collagen and elastin. Firming face cream fortified with fig seed and orange oils helps tighten, moisturize and revitalize the skin. Firming Face Care oil, which you will use before or alone, refreshes the body thanks to its skin regenerating, anti-aging oils, provides natural firmness and vitality.



“ Moist and Supple Skin”

Hydrating Face Cream

It locks moisture into the skin with its powerful moisture-retaining matrix enriched with Cactus flower jojoba and bergamot oils. It contributes to a soft and radiant skin appearance with its intensive moisture vaccine and effective formula.

“ Smooth and Balanced Skin”

Calming Face Cream

Allheim Calming Face Cream supports the skin against irritation and sensitivity by strengthening the skin barrier in sensitive skin. It strengthens the skin against environmental factors, neutralizes sensitivity and color inequalities, brightens the skin with tamanu, balm, apricot kernel, centauray oils and vitamin E it contains



“Radiant and Young Skin Appearance”

Age Well Anti Aging Face Cream

It contributes to the reduction of deep wrinkles by repairing the matrix tissue of the skin, and to improve the structure of dermal fibers by producing collagen. Thanks to the peptides in its content, connective tissue renewal and new cell formation are supported. It supports the synthesis of hyaluronic acid. Increases volume and skin elasticity with stimulating immortelle, geranium, grape seed oils.



“ Overnight Intensive Care”

Nighty Night Face Cream

It provides an intensive care for your skin all night long with the nourishing power of precious oils. Soft and rich cream supports the formation of smooth skin. It helps to revitalize especially dry, tired and mature skin. It supports the youth mechanism of the skin with the proteins, vitamins and minerals it contains. With its feminine scent enriched with jasmine flower and daily notes, it wraps your skin and offers a silky skin.



“ Purifying Face Scrub”

Purifying Face Scrub

Rosehip and grape seeds gently purify the dead skin while revitalizing the skin in tiny particles with its anti-aging effect that accelerates blood circulation. Tamanu, apricot and wheat nourish the skin, equalize and restore skin color with its high vitamin content. Reveal the beauty of your face with Purifying Face Scrub.



HAIR CARE

Give your hair beauty and health with Alfheim 4-in-1 shampoo series developed for different hair types and strengthened with the effects of aromatherapeutic oils.

Root

Shampoo Root

Thanks to its innovative formulation with liposome, 'Caffeine' obtained from green coffee bean, 'Niacinamide (vitamin B3) and natural phospholipids help to revitalize the hair root against hair loss. It supports the hair follicle for the growth of stronger and more vibrant hair by reaching the damaged follicles. It helps healthy hair to grow with its nourishing elements. It meets the keratin need of the hair with the support of argan, nettle leaf and walnut oils in its content, and helps to create shiny and voluminous hair.



Strand

Shampoo Strand

It helps to restructure the hair strand thanks to the combination of hydrolyzed vegetable micro proteins and natural active ingredients. It helps to strengthen the hair strand by penetrating into the hair cortex, thus reducing the degree of hair damage caused by chemical processes, environmental stresses or styling applications. It protects against hair splitting and breakage. Its formula, supplemented with rosemary, ylang ylang and sesame oils, gives shine and vitality to the hair.



Sensitive Scalp

Shampoo Scalp

Thanks to the natural extracts it contains, it moisturizes and soothes the scalp. It helps to balance the micro flora in the skin and supports irritated sensitive skin. It cleanses the scalp from harmful microorganisms with the valuable fatty acids of Babassu, thyme and calendula. It allows the skin to breathe by eliminating the dry and crusted skin.



Personalize Your Experience

Shampoo Base

With its special formula, it strengthens your scalp, increases its vitality and prevents it from being worn. When used regularly, it nourishes your hair and hair follicles. After washing, it gives your hair a perfect shine. You can add any essential and carrier oil to Alfheim Shampoo Base or apply it directly to your hair. It can be used by mixing 15-20 drops of essential or carrier oil in Shampoo Base. After adding the oil, shake the bottle and wait 5 minutes. Then apply it to your damp hair.



SUPPLEMENTARY CARE



Hair Care Mask

With the fixed and essential oils in its precious formula, it moisturizes the scalp and allows the skin to breathe, while also regulating the microflora balance. At the same time, it repairs the hair strands exposed to chemical and heat treatment and ensures their healthy growth. It helps the formation of lively, shiny and healthy hair.

Hair Care Oil

A concentrated formula that addresses all hair problems with 360 degrees “intensive care with 9 precious oils, enriched with Vitamin E: Argan, babassu, turpentine, ylang ylang, cedar, jojoba, sesame, almond, nettle leaf. It makes intensive care, contributes to preventing hair loss, breakage and hair skin problems. It is suitable for use as a supplement with all Alfheim hair products.





BODY CARE

ODE CARE SET

Bathing routines are no longer just cleansing, but also a unique experience.

Ode Shower Gel moisturizes the skin with the powerful effect of melon seed, borage and coconut oils and gives a natural shine. Ode Body Lotion supports the youth mechanism of the skin thanks to the natural extracts it contains. It provides a natural glow and fullness to the skin. It nourishes and softens.



Firming Body Oil

It refreshes the body thanks to its vitamin E and skin-regenerating, anti-aging oils such as grapefruit, lemon, geranium, rosemary, grape, lavender, sesame, and provides a natural, healthy firmness and vitality to the skin.



Exfoliating Body Scrub

The coffee bean gently exfoliates the skin, providing softness and moisturization. Hemp oil nourishes the skin with its rich omega content, grape seed accelerates blood circulation and gives vitality, orange peel and melon seed provide the necessary vitamin support. Alfheim Exfoliating Body Scrub purifies your skin while giving it the driving force it needs for transformation.



Peace & Period

Peace & Period, which was created to minimize the hormonal fluctuations on women's special days and to balance the changing mood, helps to pass the pre-mens and menstrual periods thanks to the yarrow content.







PROFESSIONAL MASSAGE OIL

The Use of Massage Oil

Essential oils are mainly extracts of very strong nature derived from flowers or plants, and some are calming, others are invigorating, or are useful for muscle aches and pains. Before you start using it, pour the oil into your hands, and then rub your hands to warm up the oils. With the shock effect of cold oil application, its spread is rapid .

Contraindications: There are some situations where it is not appropriate to have a massage, these are known as contraindications.

- Massage is contraindicated if you have a cold, flu or fever.
- Massage should never be done on or near an area with varicose veins.
- Massage is contraindicated when the patient drinks alcohol. Massage can increase the effect of alcohol on the system and cause nausea.
- Massage is inconvenient in cases of burns, scars or open wounds.
- If the patient has had surgery recently, massage should not be applied before 3 months have passed. It is appropriate to wait 6 months for the massage to be applied to the abdominal areas.

After Massage: Massage helps to remove both natural and chemical toxins from the body; however, this process must be accompanied by hydration.

After having a massage, you should encourage your client to drink plenty of water. This supports the body in the process of eliminating toxins. If the client has a headache after the massage, they should be encouraged to drink water.



Alfheim

SCULPTING
BODY MASSAGE OIL

Firms • Tones • Tightens

Alfheim
OILS & AROMATHERAPY

COLLECTION

Sculpting Body Massage Oil / Circulation Improver, Firming, Sculpting

A luxurious toning body care that is detoxifying, instantly absorbs under the skin and softens it deeply, leaving the skin feeling moist and supple.

This lightweight body butter contains nourishing actives that help smooth and soften the skin. The refreshing scent of Grapefruit, Lemon and Rosemary leaves the body and mind feeling refreshed. It combines the richness of herbs with the power of aroma, leaving the skin feeling smooth and toned.

It works in perfect harmony with a properly applied lymphatic drainage massage, harnessing the power of precious oils to help reduce the appearance of dimples and provide firmer, smoother and more even-looking skin.

Its unique texture leaves a feeling of silky softness and moisture when applied to the skin. Combined with daily massage it is ideal for any anti-cellulite routine.



Vitalizing Body Massage Oil / Energizing, Regenerating, Refreshing

A luxurious, aromatic body care formulated with invigorating precious oils. This ultra silky body oil was developed with inspiration from noble flowers and fresh notes of sweet citrus to rejuvenate your senses and create soft and healthy-looking skin.

In this bottle, in a beautiful bouquet of Jasmine, Geranium and Lavender; clean Italian breeze Bergamot and sweet Orange embrace in an aromatic harmony. The exotic freshness of Ylang Ylang and Patchouli from Asia is blended with the gentle touch of warm cloves.

It offers a refreshing, regenerative body care. Its energizing formula, created with a delightful blend of natural nutrients and aromatic extracts, helps soothe tired skin; leaves the skin balanced, moist and luminous.





Alfheim

VITALIZING
BODY MASSAGE OIL

Energizes • Cleanses • Refreshes



Comfort Muscles Body Massage Oil / Warming, Relaxing, Mitigating

A warm body care concentrate with a soothing aroma for the body and senses, highly effective with its rich content and enveloping the soul with its aromatic synergy.

It provides an aromatic relief that is instantly absorbed under the skin with the synergy of strong extracts led by warm Juniper, aromatic Thyme and pungent Rosemary to help relax tired muscles and relieve tension.

Its soft-touch nourishing formula leaves skin feeling smooth and revitalized. Enriched with 15 different natural oils for a relaxing sensory experience. Ideal for your post workout routine.

Alfheim

ESSENTIAL OILS & AROMATHERAPY

Alfheim
COMFORT MUSCLES
BODY MASSAGE OIL
Comforts • Warms • Relaxes



Alheim

RELAXATION
BODY MASSAGE OIL

Soothes • Conditions • Recharges



Relaxation Body Massage Oil / Soothing, Balancing, Calming

Nourish skin, balance energy and relax the mind with the deeply soothing synergy of essential oils. Soothe your skin and your senses through touch and aroma. Experience the power of real aromatherapy with the perfect harmony of rich precious oils in its content.

This valuable synergetic formula helps to nourish the skin, relieve tension and completely relax the mind.

It offers an unforgettable massage experience to release tension and neutralize with its calm, calming aroma.

CARRIER MASSAGE OILS

Sesame Oil

Latin: *Sesamum Indicum*

Soothing, Moisturizing, Revitalizing

It maintains the optimum skin moisture necessary to protect and soften the skin. Contributes to the restructuring of the skin's natural hydrodynamics. Thanks to its balanced ratio between Oleic acid and Linoleic acid, it supports numerous metabolic processes in the body. This oil, which is also accepted as a nerve tonic in India, gives strength physically and spiritually. It is a very good carrier, perfectly compatible with all essential oils, penetrating quickly under the skin. It is an ideal base for all massage routines.





Alfheim

SESAME OIL
for professionals

Soothes • Hydrates • Stimulates
SUSAM YAGI

Alfheim

HEMP SEED OIL
for professionals

Softens • Nourishes • Moisturises
KELEVIR TOHUMU YAĞI





Hemp Seed Oil

Latin: *Cannabis Sativa*
Nourishing, Softening, Moisturizing

Perfect for extremely dry skin, this unique nourishing medium-thick oil helps support skin function as its own rich source of Omega-3, Omega-6 and vitamin E. With its unique and optimal ratio of Linoleic Acid, Alpha Linoleic Acid, Gamma Linoleic Acid and Omega-3 Stearidonic Acid, it alone provides the nourishing care that the skin needs. It works in harmony with the skin as an outstanding protective barrier. It supports the formation of new cell structures, is ideal for the production of regulatory hormones, structuring the immune system, and regulating blood pressure.

Apricot Kernel Oil

Latin: *Prunus Armeniaca*
Radiant, Nourishing, Balancing

It is an excellent supplement for dry skin in daily skin and body care. It is a very good skin and massage oil with its high monounsaturated fatty acids. Fatty acids are supported by a high content of gamma tocopherol (Vitamin E). With its highly tolerable structure, it is suitable for all skin types and effectively supports sensitive, dry and chapped skin. It is ideal even for sensitive baby and elderly skin. It revitalizes dull and pale skin and gives it a glow. It is a very good carrier that is very compatible with essential oils and easily penetrates under the skin. It is an ideal base for all massage routines. Nourishes, balances and evens the skin.



Alfheim

ESSENTIAL OILS & AROMATHERAPY



PERSONAL CARE SOAP SERIES

Hemp & Loofah Exfoliating Body Soap

Alfheim soap series is specially produced for Alfheim in an Italian town on the outskirts of Sacro Monte di Varese, near the shores of Lake Maggiore, Italy, by skillful craftsmen, preserving the old traditional Marseille soap method.

Based on coconut and sunflower in its natural formula without palm oil, miraculous Hemp extract and natural loofah grains have an exfoliating effect, gently cleansing the skin of dead cells.

Recommendation for Use: Apply to moist skin with circular massage movements until a creamy foam forms. It is also excellent as an exfoliator for dry kneecaps and elbows.

*Does not contain palm oil and chemical preservatives.



SOAP SERIES

Sweet Almond Soothing Hand & Body Soap

Alfheim soap series is specially produced for Alfheim in an Italian town on the outskirts of Sacro Monte di Varese, near the shores of Lake Maggiore, Italy, by skillful craftsmen, preserving the old traditional Marseille soap method.

Based on creamy coconut and sunflower in its natural formula without palm oil, nourishing sweet almond oil gently moisturizes the skin, leaving it with a fleecy feeling.

Recommendation for use: Taking the soap on your damp palm, rub it until creamy foam forms. Rinse with warm water.

*Does not contain palm oil and chemical preservatives.



Geranium Purifying Face Soap

Alfheim soap series is specially produced for Alfheim in an Italian town on the outskirts of Sacro Monte di Varese, near the shores of Lake Maggiore, Italy, by skillful craftsmen, preserving the old traditional Marseille soap method.

Based on creamy coconut and sunflower in its natural formula without palm oil, the elegant jul flower smoothes the skin, leaving a clean, clear feeling of beauty.

Recommendation For Use: Taking the soap on your damp palm, rub it until creamy foam forms. Apply it by massaging your skin.

*Does not contain palm oil and chemical preservatives.



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