

## black rice scrub with ginseng and ginkgo

### what am I?

Known for centuries as forbidden rice our black rice scrub is designed to smooth, exfoliate and resurface your skin revealing a healthy glow. Blended with ginseng and ginkgo both powerful antioxidants. Activated charcoal acts as a natural antibacterial agent to cleanse deeply and detoxify pores without irritation.

### what are the benefits of using me?

- black rice scrub contains no petrochemical based microbeads that contaminate our waterways and harm wildlife.
- removes buildup and debris on the surface of the skin
- the black rice and activated powdered charcoal will not create micro tears on the skin
- increases blood flow to the skin to provide an instant pick me up.

### how do you use me?

- massage over the face 2-3 times per week for a deeper, enlivening cleanse. May be blended with the citrus foaming cleanser to exfoliate and cleanse in 1 easy step. For a deeper cleanse option apply detoxifying clay whip to your face after 5 mins massage black rice scrub into the clay and rinse away. The perfect pick me up if you are heading out!

### who can use me?

- all Skin types: use 2-3 times a week on normal, oily and dry skin types.
- apply once a week on sensitive or delicate skin, or seek advice from your professional esthetician.
- the scrub can be "buffered" with the detoxifying clay whip or the calming life force oil.

### what am I made from?

Certified Organic Ingredients 89.4%

**Organic Aloe Vera leaf juice:** Luscious Aloe Vera provides nourishment and the humectant properties that the skin needs to repair and maintain moisture. This striking green succulent has a rich history across various cultures. It is said that Cleopatra applied the gel to her body as part of her beauty regimen, the ancient Greeks used it to cure everything whilst the Native Americans have called Aloe Vera "Wand of the Heaven."

**Black rice:** This humble ancient grain was once eaten exclusively by the Emperors of China for its longevity powers giving rise to its other name, forbidden rice. Used as manual exfoliant the crushed black rice melts away dead skin cells.

**Activated charcoal powder:** Charcoal has been used for thousands of years medicinally. It is used to rid the body of poisons, In WW1 it was used in gas masques to prevent soldiers being poisoned. It has been used to treat water in many developing countries. Charcoal works by binding toxins to its surface and it can absorb 1000's of times its own weight. Due to its pores it has an incredibly large surface area.

Activated charcoal has deep purifying properties, so is ideal for oily or acne prone skin. Charcoal is the perfect addition to the black rice scrub to ensure a deeper cleanse whilst removing unwanted dead skin cells. Charcoal that has been heated to increase its adsorptive properties is known as activated.



**Ginkgo and Ginseng:** Ginseng enhances cellular function and stimulates cell regeneration. Ginkgo is a powerful antioxidant with purifying properties.

**Lavender, Vetiver and Jasmine essential oils:** Vetiver is a holy herb that has its name etched in the oldest sacred ancient text of Hindus known as Bhagavad Gita where Lord Krishna says, "I am the fragrance of the soil" On the skin Vetiver aids in clearing acne, promotes skin regeneration and wound healing. Vetiver provides a warm earthy aroma. Lavender with 167 proven medicinal uses (it is the most researched of the essential oils) topically it is cleansing, antibacterial and soothing. 'King of flowers', 'Queen of the Night' and 'Moonlight of the Grove' are the ways by which the world adores Jasmine. Jasmine has a sweet, exotic richly floral aroma and is a natural tonic for the skin.