

## MOROCCAN BLACK SOAP & KESSA “HOW TO GUIDE”

Moroccan Black Soap is a unique, natural soap that may be new to you. It is not a hard bar soap or gel or liquid. nor gel. It is a thick, rich soft butter texture that is slippery to the touch. Made from pure Olive Oil, we have a number of offerings including Argan Oil, Lavender, Orange Blossom, Jasmine, and Eucalyptus. Moroccan Black Soap may be used daily as your every day soap. Once a week use with our Kessa exfoliating mitt for truly healthy, glowing skin.

**WASH** - Take a small pinch of soap in your fingers and rub directly on to your skin with your hand, washcloth or loofah. I prefer a loofah because it makes a nice lather. You can wash everywhere - behind ears, between fingers, eyelids, etc. Avoid your eyes as it will sting. If contact occurs just rinse with clean water. A side note - I had a customer complain it tastes bad.... please it is great for your skin, but not internal consumption! If you have the time, make a nice lather all over and let absorb for 3-5 minutes. Your skin will start to tingle and you will feel it deep cleaning and actually preparing the skin for your exfoliation. Rinse well. Then exfoliate with our Kessa. You will see dead skin fall off and rinse away leaving a wonderful glow (see page 2). This is incredibly important in the summer with all the stress our skin endures from sun, wind, sunscreens and lotions.



Note –if you have light or delicate skin you may see a bit of redness, but this goes away after a few minutes. If you finish here, simply dry off. Your skin will at first be a bit tacky, but after only a few minutes you will notice a smooth, moisturized improvement.

**KESSA EXFOLIATING GLOVE**

Exfoliation is the key to consistently healthy, glowing skin. Exfoliation helps remove old skin cells and other debris and particles from your skin. This will expose the healthy cells and rid your body of the old ones. A traditional Moroccan exfoliation mitt is one of the best ways to exfoliate.

Use after a good hot soak and cleaning with Moroccan Black Soap. Having prepared the skin for exfoliation use by rubbing in a back and forth motion. Do not rub in a circular motion as this tends to over stress a small area resulting in abrasion. Try rubbing lightly at first and then with more pressure. It may be a bit uncomfortable, but it is important to rub well to remove the desired layer of dead skin. After a few moments your skin will start to peel away right before your eyes. Not necessarily pretty, but oh so effective. Don't overdo it on your first go. You want to only remove the surface dirt and dead skin and not your entire epidermis. Use on back, arms, breasts, legs and face. The face should be done very, very delicately. Rinse and dry off. Then apply 100% pure, organic Argan Oil as the perfect moisturizer. Your skin will be luxuriously smooth and healthy.



