



ZAKIA'S[®]
◆ MOROCCO ◆
PURE | NATURAL | TRADITIONAL

TRADITIONAL
MOROCCAN HAMMAM
HOME SPA TREATMENT

~ GUIDE FOR BEST RESULTS ~



RELAXING WELLNESS OF MOROCCAN HAMMAM

Hammam spa rituals have one thing in common.... the steam of the room. A hot, steam shower or bath that opens the pores, the mind and the spirit. This traditional steam experience allows the body to absorb heat, which stimulates the immune system and results in a total well-being experience. This hot cocoon of warmth and moisture prepares your body for the ultimate body treatment – Naturally!

Hammam is the process of relaxation, deep cleansing, detoxing and moisturizing. Although we recommend you try our products individually, there is nothing better than to pamper yourself once a week with the entire Moroccan Hammam Home Spa. Take time to enjoy the entire Hammam experience. Your body, mind and soul will love you for it.

Once you have prepared your body in a warm relaxing bath or shower apply our traditional Moroccan Beldi Black Soap. Made from rich black olives and Argan Oil our Black Soap moisturizes and nourishes your skin naturally. No preservatives nor additives here...just a luxurious soft, silky soap that lathers wonderfully with a loofah or washcloth.

Next, using a unique Kessa exfoliating mitt, rub off dead skin and bacteria; this opens your pores to stimulate the lymph and circulatory systems. Dermatologists agree that regular exfoliation is the secret to glowing, healthy skin.

Apply Ghassoul Clay, a local mineral clay extracted from the nearby Atlas Mountains. Leave on your skin to feel the detoxing take effect. The unique absorption properties help extract impurities and blackheads and leave your skin super toned.

Finish with a luxurious Argan Oil massage. A rare and beautified oil, it will moisturize and hydrate your skin for a supple, silky finish. Along with exfoliation, your skin needs daily moisturizing to remain healthy and young looking.

Every Hammam is a place to relax and re-energize. Now you can enjoy Hammam at home. When it comes to relaxation and well-being, there are few treatments in the world as effective as the healing properties of a traditional Hammam....Naturally!



ZAKIA'S HAMMAM HOME SPA



MOROCCAN BLACK SOAP

STEP 1

Moroccan Black Soap is a unique, moisturizing soap that is super rich in vitamins and minerals that help clean and detoxify your skin while leaving an extraordinarily smooth and silky finish. Made with a rich olive oil pulp and precious Argan Oil, this soap is 100% natural and extremely rich in vitamin E. It is a great emollient, exfoliator and moisturizer and is the foundation of all Moroccan Hammam Spas.

Instructions - Make sure your bath or shower is as hot and steamy as possible. It is important for your skin to be warm, moist and humid for best results. Apply a pinch of soap to your face and body. This soap lathers wonderfully when used with a loofah or face cloth. You will love the richness of its texture. Leave the soap for three to five minutes which allows for the unclogging of your skin's pores and commence the deep cleansing process. Rinse thoroughly.



Suitable for all skin types. Use daily

Ingredients: Black Olives, Olive Oil, Aqua, Potassium Hydroxyde, Argan Oil, Essential Oils

KESSA EXFOLIATING GLOVE

The Moroccan Kessa Exfoliating Glove is a must for clear, healthy skin. The ideal skin exfoliator. Dermatologists agree that the key to healthy, glowing skin is regular exfoliation in order to remove unwanted toxins, dead skin cells, dirt and oils. Our skin is our body's largest organ that is constantly exposed to harsh environments including pollution, dulling body washes and soaps, tobacco, wind, sun and more. Your skin needs to be replenished regularly. Our glove has been specially selected to be used for all skin types. Not too rough and not too smooth. Best used once a week for best results.

Instructions:

1. Prepare your skin by bathing first with our Moroccan "Beldi" Black Soap.
2. Wash and then rinse thoroughly so that your skin is clean yet still warm and moist.
3. The Kessa is not a loofah or wash cloth. It is used AFTER rinsing-off the Black Soap.
4. Place hand in glove and rub back and forth lightly and then with more pressure.
5. Do not rub in a circular motion as this tends to irritate a single area.
6. Rub until you see the skin start to peel away - just like a peeling from a sunburn.
7. The Kessa should be used virtually everywhere; under the arms, between the fingers and toes, behind the ears, between the nose and cheek, eyelids (gently) etc.
8. After this session just rinse off again.

Your skin will have a new healthy glow and be silky smooth.



GHASSOUL CLAY MASK



Ghassoul Clay Mask is a 100% pure, natural product proven to reduce dryness, improve skin clarity and elasticity and remove impurities and unblock pores... even stubborn blackheads. Moroccan Ghassoul Clay also deep cleans scalp and hair by removing impurities and oil build up to leave hair bouncy and voluminous.

Face and Body - Place a few tablespoons of clay powder in a bowl and add an equal amount of water and mix until smooth to have a pancake batter consistency. Apply it on your face and/or body. Ensure to cover all desired areas. Leave to nearly dry - approx. 8 minutes. Use warm water to rinse.



Hair - Apply to hair and massage lightly into scalp. Leave in up to 15 minutes. Rinse



Ingredients - 100% pure, Moroccan Lava Clay Ghassoul

100% PURE, ORGANIC ARGAN OIL

STEP 4



The 100% pure, organic Argan oil has amazing properties and is pure heaven for your hair and body. It is a light hydrating oil and a natural moisturizer that is easily absorbed with high amounts of Vitamin E, essential fatty acids and antioxidants. Argan Oil has numerous benefits including protection against fine lines and wrinkles on skin and neck, moisturizing dry skin, protection against stretch marks, neutralize free radicals, add shine to hair and strengthens dry and brittle nails.

Face & Body: Place a small portion in your palm or between your thumb and forefinger. Slowly massage around your face. Most importantly focus on those delicate areas that are prone to wrinkles; namely, eyes, neck and outer edges of your mouth. The oil will slowly be absorbed into the skin and start providing the natural goodness. Expectant mothers may rub pure Argan Oil on their tummies and breasts to avoid stretch marks. **Use daily**

Hair: Simply rub a small portion in your scalp all the way to those split ends. Best an hour before shampooing or even before blow drying. Your hair will be manageable and enjoy a health shine. **Use daily**

Nails: Mix Argan Oil with lemon juice in equal parts and dip nails for 10 to 15 minutes. Your nails will be stronger and with a renewed brilliance. **Use daily**

Ingredients - 100% pure, organic Argan Oil - Argania Spinosa Kernel Oil


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