

# SHEABUTTER COTTAGE

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## PREPARING AND USING RHASSOUL MUD

For use on the hair and for full-body spa treatments, there is no need to grind the rhassoul pieces before use. It's amazing how rapidly rhassoul swells in water and how easily it mixes into a smooth paste. *You may also opt for the micronized rhassoul which comes in powdered form.*

For making face packs, some people like to grind the rhassoul using an electric coffee grinder or pestle and mortar. It's not essential to grind the rhassoul before use, as the benefits to your skin will be the same either way.

## HOW TO SHAMPOO AND CONDITION YOUR HAIR WITH RHASSOUL

Suitable for all hair and scalp conditions, rhassoul could revolutionise the way you shampoo your hair! Even though you may miss the lather at first, we are certain you will appreciate the amazing way rhassoul cleanses and revitalises the hair. We recommend that you don't use a conditioner afterwards unless your hair really needs it. It's always interesting to see exactly what rhassoul can do for hair without additional aids such as essential oils and other botanical extracts. Indeed, there's no need to complicate things if the simple approach works for you.

If, however, your hair is exceptionally dry, sun damaged or has been chemically processed, then you may still need a conditioner – ideally a few drops (there's rarely need for more) of a 100% natural leave-in conditioner such as jojoba oil. Warm it in your hands and then work it through your hair, perhaps adding one drop more if necessary.

Another approach for very dry or damaged hair is simply to add 1-2 teaspoons of high quality vegetable oil to the rhassoul mud described below.

To make rhassoul mud for your hair, you will need:

50g of rhassoul pieces, more if your hair is very long, less if you have short hair. Put the rhassoul into a bowl and add 50mg of tepid water, which should be enough to cover the pieces. Don't attempt to stir the mixture at this stage, simply leave it to stand for a full 5 minutes or until the water is absorbed. You will then find it easy to stir the mixture into a smooth paste, adding a little more tepid water if necessary.

### How to Apply Rhassoul:

Apply the rhassoul mud to dry or damp hair. Work it through your hair and massage well into your scalp.

The following timings are merely suggestions and take into account the needs of busy people. Rhassoul is so gentle, it can be left on the hair for much longer if you wish - even if you have dry hair. Once your hair has become accustomed to rhassoul, you may find that it can be applied and rinsed off straight away for the same revitalising result.

So it's worth varying the timings for the first few shampoos to discover the most effective routine for your own unique hair.

### Here is a guide:

For dry hair, leave on for 5-10 minutes.

For normal hair, leave on for up to 5-15 minutes.

For oily hair, it can be left on for 10-20 minutes.

Rinse thoroughly, then towel dry. Ideally, allow your hair to finish drying naturally.

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Whatever your hair type, you can leave the rhassoul on your hair for longer than the timings suggested above if you wish. Rhassoul cannot harm your hair. As everyone's hair is different, you will soon discover what works best for you personally.

## **RHASSOUL FACE AND BODY PACKS**

To make a face or body pack, including a foot pack for smoothing dry skin, follow the same method as described above. Always think in terms of an equal figure of grammes and millilitres – for example, 10g of rhassoul mixed with 10g of water; 100g of rhassoul mixed with 100g of water, and so on. You will probably need extra water which can be mixed in after the rhassoul has swelled.

Face packs are normally left on the skin for 5-15 minutes, before rinsing thoroughly with warm water. You might follow this treatment with a spritz of rosewater to tone and refresh. Body packs can be left on for 20-40 minutes and then rinsed off under a warm shower or in the bath.

## **USING RHASSOUL AS A FACIAL CLEANSER AND EXFOLIANT**

Rhassoul is a great exfoliant and skin softener. The same rhassoul paste that you mix for your hair can be used as a daily cleanser and skin polisher. For this purpose you may wish to mix a slightly thinner paste the consistency of a cleansing lotion. Massage it gently into damp skin using circular movements and then rinse. The paste will remove most make-up (except perhaps stubborn waterproof mascara) and will leave your skin feeling velvety.

## **MIXING A WEEK'S SUPPLY OF RHASSOUL**

To save time, especially if you intend to use the rhassoul as a daily cleanser, you might mix a week's supply in advance. Estimate the amount you would normally use on your hair and/or skin during this period. Mix the required amount of rhassoul in a food container with an airtight lid and store this in the salad compartment of the fridge. As rhassoul absorbs an enormous amount of water, you will probably need to add a little extra water each time you use the rhassoul. However, because your paste will be preservative-free, please don't be tempted to store it for longer than 7 days - and certainly no longer than two days if kept at room temperature.

## **SUGGESTED ADDITIONAL INGREDIENTS FOR HAIR & SKIN TREATMENTS**

Once you have become accustomed to the way rhassoul mud alone works for your skin and hair, you might wish to incorporate additional ingredients for possible increased benefit. Everyone's hair and skin are different, so it will be fun discovering what works best for you.

Generally, we recommend using bottled spring water to mix your rhassoul paste – albeit you will probably be using tap water to rinse it off!

Try adding a few teaspoons of melted honey or even molasses to the rhassoul paste. This is a good treatment for sun or wind damaged hair in need of hydration.

A teaspoon of organic full-fat yoghurt and/or honey added to a rhassoul face pack will brighten and hydrate the skin.

Use warm green tea instead of plain water to mix the rhassoul paste. Green tea is renowned for its antioxidant properties and is helpful for sun damaged skin and hair.

Try using preservative-free and alcohol-free aromatic waters to mix your rhassoul mud face packs.

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For example, rosewater, chamomile water, orange flower water or lavender water to enhance skin tone. For oily skin, try a 50/50 blend of lavender and witch hazel waters.

For dry skin, add one or two teaspoons of a good quality organic vegetable oil such as olive, jojoba, avocado or macadamia nut. In Morocco, Argan oil is always added to rhassoul for its benefits to skin and hair. This is a direct link to the [Argan oil](#) page.

To perfume your hair naturally, you may wish to add a few drops (no more as they are very potent) of your favourite essential oil, or a blend of oils, to the rhassoul paste. Essential oils which can benefit the hair include lavender, rosemary, chamomile (Roman or German), Juniper berry (especially beneficial for oily hair) and hemp seed. Yes the steam distilled essential oil of hemp is available, but hard to find. Other essences such as mandarin, neroli, rose and ylang ylang may be added for their pleasing aromas.

Experiment with your own formulations, incorporating combinations of any of the above ingredients according to your needs.

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