

*the Ultimate Guide to*

# HOW TO MAKE EVERY NATURAL ANTI AGING COSMETIC YOU'LL EVER NEED

EASY, FUN, EFFECTIVE & CHEMICAL-FREE



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# The Secret to Naturally Healthy Skin

**Welcome** to our list of 14, and counting, effective, **natural skin care products**. They are **easy, fun, effective and inexpensive** products you can **make at home**. **In this list we think you will find just about every** daily skin care product you will need... and more..

## **Why is it important to use natural cosmetics?**

The more and more we learn about the **chemicals** that are in our cosmetic products the more it becomes obvious that they may well be linked to the explosion of cancers and **health issues** in our society.

The main problem is that these harmful chemicals are in just about **every cosmetic product we use**. In our Soaps and shower gels, shampoo and conditioners, moisturisers and ant aging creams not to mention toiletries.

We are in fact **covering ourselves in harmful, bio-active chemicals with known side effects all day with every product we use!** Now is the time to try and cut these products from our body care regimen and **find a better alternative**.

With the global interest in natural cosmetics we now have greater awareness that natural, chemical free products are still in use around the world in ancient societies. **Folk knowledge**, tried and tested products, handed down, that not only work, but are much **better than the chemical concoctions** so heavily advertised,

Why not **start today?** We look forward to hearing your recommendations and sharing your **feedback**. Don't forget you can share this ebook by using the "social media buttons" in this ebook. More recipes to follow soon.....

**Malika**

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ingredients

## Some Essential Ingredients

### Calcium Bentonite Clay - Moroccan Rhassoul Clay

Natural clays have some amazing benefits for skin and hair and some surprising uses.

Did you that in Morocco natural Rhassoul Clay is actually used to wash and shampoo hair!

Both Moroccan red Rhassoul Clay and Calcium Bentonite clay make the best natural bases for Face Mask and Body Wraps. Cleansing and exfoliating they leave skin feeling clean, soft and refreshed.

Not so long ago anyone suggesting your cover yourself in mud and stand in the shower would probably have been certified as mad! - now it is one of the most popular and expensive spa treatments you can have.





ingredients

## Essential Ingredients

### Pure Argania Spinosa Tree Oil. •

Naturally rich in vitamins **Argan Oil improves skin condition** and helps to prevent aging of your skin. Regular use will deliver smoother, firmer skin, **reduced lines and wrinkles**, less blemishes, reduced minor scars and much more.

It is also used to protect against stretch marks and treat difficult skin problem such as Eczema. This is why it is known as liquid gold and is the only **anti aging** treatment the **Berber women of Morocco** have ever needed.

Argan Oil is also **recommended for hair care**. It can rescue tired and damaged hair with just a few treatments helping to repair the hair-shaft as well as **condition the scalp** and treat the root. It is ideal to use before any high heat hair styling to **protect hair** and give a healthy shine.





ingredients

## Essential Ingredients

### Pure Opuntia Ficus Indica seed Oil. •

Cactus Seed Oil is a remarkable natural oil that has many **benefits for skin and hair** and in some cases it can surpass even **Argan Oil** in its effectiveness at caring for hair and skin.

It is a silky smooth oil which is ideal for targeting areas of **facial lines** and **wrinkles** where an extra intensive treatment is needed. Pure Cactus Seed oil is often added to face masks and is an ingredient in some high end cosmetics.

Like Argan Oil, is it very effective for treating skin problems such as dry skin, **Eczema** and **Psoriasis**.



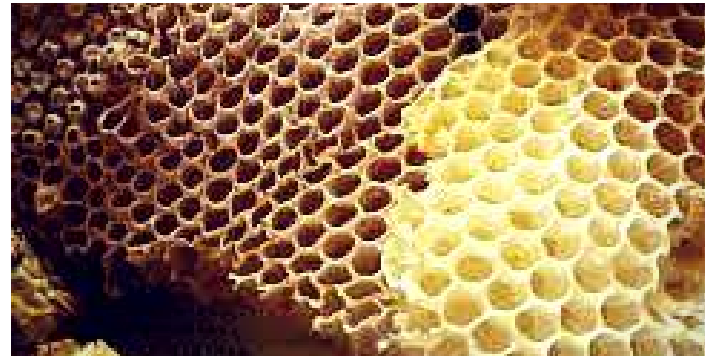


# Essential Ingredients You May Need...

## Honey

Honey should always be in the kitchen. It has 1001 medicinal and cosmetic benefits.

It is in incredible blend of nutrients, enzymes, vitamins, anti oxidants and just about everything we hear is good for us!



## Oatmeal

Oatmeal is naturally rich in amino acids vital for building healthy skin. It helps retain moisture in the skin when used in a face mask.

The Oatmeal amino acids helps even out minor blemishes to leave a more even skin tone.

## Lemon Juice

Lemon juice goes alongside Honey to have at all times. Lemon has some amazing benefits for all sorts of health problems colds, skin problems etc.

In addition it is a great toning and complexion evening ingredient packed with collagen boosting vitamin C.



## Other Items you may use.....

Yogurt Milk Sugar Egg Aloe Vera Gel

Salt Shew Butter Apple Cider Vinegar





## FACE MASKS

### How to apply a face mask.

First wash your skin with a gentle non drying soap. If you like you can follow this with a cleansing step using one of the natural cleansing recipes in this eBook.

Next, prepare the mask and once ready apply it to clean dry or slightly damp skin. Massage the mask mixture in gently and evenly being careful to avoid getting it into your eyes.

You will generally need to spend about 3 to 5 minutes massaging in the mask. Then leave for at least 15 minutes or longer.

To remove, first rinse thoroughly with warm water and then rinse again using cold water.

Finally pat your skin dry





## Face Mask Recipes #1

### Skin softening Oatmeal and Argan Oil Face Mask.

#### Ingredients

- 2 Tablespoons Oatmeal
- 1 Teaspoon Honey
- 1 Tablespoon Argan Oil.

#### Preparation

Soften the oats in a bowl by adding just enough warm water to form a dough. Next, add the Argan Oil and Honey and stir until blended into a paste.



Apply the mask leaving for 10 minutes or longer before removing.

## Face Mask Recipes #2

### Natural, Brightening Face Mask

#### Ingredients

- 2 Tablespoons Lemon Juice
- 2 Tablespoons Natural Yogurt
- 1 Tablespoon Honey
- 1 Teaspoon Aloe Vera Gel
- 1 Teaspoon Argan Oil

#### Preparation

Blend the Lemon Juice, Yogurt and Honey to form a cream.

Next, add the Aloe Vera gel and Argan Oil and blend. Apply to the face leaving for at least 15 minutes.





# How to Prepare Clay

Natural Clay is very easy to prepare for use.

Simply dissolve about 10g ( 2 teaspoons of pieces ) of the Clay in a few teaspoons of water or more.

Leave to stand for 5 minutes until the clay powder or pieces have dissolved. Stir occasionally, adding water if needed, until eventually you have a thick but easy to spread paste.



We advise doing this in a old bowl as the clay can have some gritty pieces until dissolved and may damage the bowls surface.

## Face Mask Recipes #3

### Anti Aging Face Mask

#### Ingredients

2 Tablespoons of Berber Clay  
1 Tablespoon of Cosmetic Argan Oil  
4 Drops of Cactus Seed Oil \*optional  
Sea Salt  
Water

#### Preparation

Prepare 2 to 3 teaspoons of clay or more if required.

Next add around 1 to 2 teaspoons of Cosmetic Argan Oil per 10g clay. If you have pure Cactus Seed Oil also add half a teaspoon. Pure Cactus seed oil is an expensive ingredient. This mask can also be prepared using just pure Argan Oil if necessary. Adding the oils helps prevent the mask from becoming very tight and also conditions the skin further.

Stir the mix until you have a cream like consistency. Then apply to the face. Leave to dry for about 20 minutes ( although some people suggest up to an hour – if you have the time ) and then wash off in the usual way.





## Face Mask Recipes #4

### Exfoliating Face Mask

#### Ingredients

- 1 Egg White
- 3 Tablespoons Fresh Milk
- 2 Tablespoons Sugar

#### Preparation

Put an egg white in a bowl with the milk and whisk. Once blended add the sugar, mix to an even consistency and apply.



## Face Mask Recipes #5

### Detoxifying Face Mask

#### Ingredients

- 2 Tablespoons of Calcium Bentonite clay powder
- 1 Tablespoon of Cosmetic Argan Oil
- Half a Lemon
- ½ Teaspoon of Sea Salt ( not table salt )
- Water

#### Preparation

Dissolve the Sea Salt in some water. Then add the juice of half a lemon. Add this liquid to the Bentonite Clay powder to produce a fluid ( not watery ) paste.

Add the Argan Oil and blend to produce mask past with a creamy texture.





# COSMETIC ARGAN OIL

THE PERFECT CHOICE FOR NATURAL SKIN CARE

## NATURAL COSMETICS FOR SKIN CARE

### Natural Cleansers, Exfolicators, Moisturisers & Toners

Most soaps you find in a supermarket are very harsh and remove almost all the natural oils in your skin replacing them with emollient chemicals that give a short term moisturising effect. For a more gently and much more effective cleansing and exfoliating treatment you can combine natural oils moisturisers, such as Pure Argan Oil, and natural clays and cleansers. These maintain a more natural level of oil and hydration levels.

Natural masks and cleansers will clean your delicate facial skin by removing dead skin cells, excess oil and dissolving dirt and impurities. This encourages skin renewal and is an essential treatment to use alongside a skin nourishing treatment regimen with pure Argan or other natural oils such as coconut or cactus seed oil.





# Skin Firming Recipes

One of the main causes of skin aging is a decrease in Collagen production - collagen is what keeps your skin firm and supple.

Lactic Acid, contained in Milk, helps stimulate collagen production in your skin. In fact, plain and simple milk contains two of the ingredients included in any expensive anti aging cream.



Collagen production is also said to be boosted by infusing as much vitamin C and Vitamin E antioxidants into our skin as possible.

This may explain some of the reasons why Argan Oil is of such use in any anti aging skin care regimen and the popularity of high end skin firming creams such as Cellex C.

## Skin Care Recipes #6

### Skin Firming Lemon Balm Rinse and Toner

The Lemon balm is a natural astringent that will help keep skin taut and firm.

#### Ingredients

A handful of lemon balm.  
Two cups of boiling water.

#### Preparation

Steep the lemon balm in the boiling water and leave to stand for at least 10 minutes. Lemon balm rinse will keep in the fridge. When ready to use it just warm it to room temperature.





## Skin Care Recipes #7

### Anti Ageing Milk and Honey Skin Cleanser

Milk and honey is an ancient anti-wrinkle cleanser that dates back to the Pharaohs. There is now some scientific support for this treatment.

Milk is rich in lactic acid which cleanses pores and helps get rid of debris from the skin. It also stimulates the production of collagen.

Oily, blemish prone skin can benefit from the exfoliating power of alcoholy acids (AHA's) which peel away layers of dead skin cells.

Milk also contains AHA's so we can use this as part of our cleanser. The honey is rich in humectants which help keep your skin hydrated which in turn increases its elasticity. Massage this into your skin and leave it on for ten minutes. Rinse it off with lukewarm water.

#### Ingredients

- 1 tablespoon of whole milk
- 1 teaspoon of honey for milk

#### Preparation

Combine about a teaspoon of honey (preferably dark honey) with a tablespoon of whole milk.

Put the mix in a small bottle and dip it in hot water until the mixture gets warm and the honey can thoroughly mix with the milk by shaking it.

Make sure it's comfortably warm but not scalding.

#### Application

Shake well and apply. Leave on for around ten minutes, then rinse with warm water.





## Skin Care Recipes #8

### Skin Cell Stimulator and Cleanser

#### Ingredients

- 1 ripe Tomato
- 2 tablespoons Milk
- 1 tablespoon fresh Lemon juice
- 1 tablespoon fresh Orange juice

#### Preparation

Put all the ingredients in a food blender and blend until a smooth watery liquid/paste. Can be refrigerated for a few days



## Skin Care Recipes #9

### Lemon Juice and Sugar Exfoliator

Lemon juice is rich in citric acid which has strong exfoliating properties. This can also help to get rid of wrinkles. Exfoliating skin removes dead skin cells from the outer layer of the skin, revealing the softer, supple skin beneath. Lemon juice is also rich in anti oxidant vitamin C, which promotes the production of collagen. The sugar contains glycolic acid, a type of alpha-hydroxy acid that helps repair skin damage and remove dead skin cells.

#### Ingredients

- one teaspoon of sugar
- two tablespoons of lemon juice

#### Preparation

Mix the ingredients well then gently massage into your skin avoiding the eye area. Leave ten minutes and rinse with cool water.





## Skin Care Recipes #10

### Lemon Juice and Baking soda Exfoliator

#### Ingredients

1 tablespoon baking soda  
lemon juice as needed

#### Preparation

Combine baking soda and lemon juice.  
Mix enough juice to make a paste.  
The mixture will fizz.

#### Application

Apply to your skin for a couple of minutes, then rinse off.



## Natural AHA Peels

### Natural AHA Peels

Popular brand creams advertise that they contain AHAs. AHA's peel away dead skin cells to allow your skin to renew. However, the AHAs in commercial anti ageing products are also found in Milk and - apple cider vinegar, lemon and other fruit juices, tomatoes and grapes.

Spas around the world use fruit acid facials for their clients routinely, to smooth and improve the appearance and condition of the skin.

Alpha-Hydroxy Acid (AHA) facials use the natural acids found in fruit and milk to exfoliate, clean, hydrate, boost collagen levels and so to improve tone and texture. AHAs work by helping to loosen the bond between old skin cells to eliminate dead cells leaving a brighter more even complexion.





## Skin Care Recipes #11

### Natural AHA Exfoliating Face Mask

#### Ingredients

2 tablespoons powdered raw organic sugar  
2 tablespoons raw honey  
1 tablespoon of milk  
juice of ½ lemon

#### Preparation

Blend the sugar and honey and milk in a bowl.  
Next, squeeze in the lemon juice and blend.

Apply the cream to your face and neck, avoiding the eye area.

Leave on for 5-10 minutes then rinse off.



## Skin Care Recipes #12

### Lip Balm

#### Ingredients

Beeswax 1 teaspoon  
Shea butter 1 teaspoon  
Cocoa butter 1 teaspoon  
Argan Oil 1 teaspoon  
a nice fragrance

#### Preparation

Put a little water into a shallow pan. Put in a suitable container into which we add the components to melt and blend them - glass is best. Add the Beeswax, Cocoa butter, Argan oil, Shea butter and let them melt. Stir a little to mix and blend the ingredients.

You can even add a little scented oil such as orange or peppermint oil to give the balm a nice fragrance.

Allow to cool before use.





## Skin Care Recipes #13

### Argan - Shea Body Butter

#### Ingredients

100g cup organic raw shea butter  
50g cup coconut oil )  
40ml cup argan oil

#### Preparation

First blend the shea butter and coconut oil in a glass container placed in a bath of warm water then allow to cool.

Next Stir in argan oil - you can also add a natural oil to give the butter a nice fragrance. Place the mix in a cold place until it starts to set.

Finally, before the butter sets thoroughly "whip" the mix to give it a smooth and consistent texture.



## Skin Care Recipes #14

### Natural Make Up Remover

#### ingredients

1 Tablespoons Argan oil  
2 Tablespoons JoJoba oil  
3 Tablespoons of alcohol free witch hazel  
1/2 Cups purified water

#### Preparation

Blend all the ingredients.  
Wipe on skin using a cotton ball or make-up pad.





TRADITIONAL BERBER PRODUCE

**OUR ORGANIC**

# ARGAN OIL & NATURAL MOROCCAN PRODUCTS

Argan Oil is a wonderful natural moisturiser. By applying it regularly Berber women have found that this natural oil helps to keep lines, wrinkles and skin blemishes at bay.

Pure Argan and Cactus seed oils make skin feel smooth and soft, help prevent and remove stretch marks and minor scars.



For some people it works wonders calming inflamed skin conditions such as Eczema. It leaves skin feeling great and is easy to use - simply massage in and leave it to repair and nourish your skin overnight.

Pure Argan is also our hair conditioner of choice. By applying Argan Oil to protect, soften and condition both hair and scalp Berber women preserve the full and dark hair for which they are famous in Morocco.

In 1998 I started working with family, friends and the best of the Berber women's cooperatives to source our 100% Pure Cosmetic Argan Oil, Cactus seed oil and Organic toasted Culinary Argan Oil for eating.

With a worldwide base of regular customers we can now even include FAST & FREE Delivery. For you that means no nasty surprise postage charges added at checkout.

On our website at [www.arganoildirect.com](http://www.arganoildirect.com) you can download our 2 free eBooks about Argan Oil or send us any questions you may have.

I look forward to hearing from you.

**Malika**



**WWW.ARGANOILDIRECT.COM**



TRADITIONAL BERBER  
SKIN CARE & HAIR CARE

# MOROCCAN CACTUS SEED OIL

## PURE OPUNTIA FICUS INDICA SEED OIL



Moroccan Barbary fig cactus seed oil is known by many names. Barbary fig seed oil, Prickly Pear Cactus Seed Oil. These are all simply names for the same thing Pure Opuntia Ficus Indica seed Oil.

Cactus Seed Oil is made by cold pressing the seeds of the Prickly Pear cactus. Up to 1000kg of fruit needed to produce just 1 litre of this precious oil so.

Prickly Pear Seed Oil is the perfect choice to use with our pure Argan Oil where a little extra boost of anti aging nutrients may be desirable for reducing lines and wrinkles on the face.

It is a silky smooth oil which is ideal for targeting areas of facial lines and wrinkles and, like Argan Oil, is it very effective for treating skin problems such as dry skin, Eczema and Psoriasis.

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10ML / 0.34 FL OZ  
PURE MOROCCAN  
CACTUS SEED OIL

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PRODUCE OF  
MOROCCO



the healthiest oil in the world?

# CULINARY ARGAN OIL

*ORGANIC CULINARY ARGAN OIL FOR EATING & HEALTH*

Culinary Argan Oil is an edible oil used for cooking, eating and as a nutritional supplement.

To make authentic Moroccan Organic Culinary Argan Oil for the dried nut kernels must be lightly toasted before cold-pressing. This gives the oil a golden brown colour & delicious nutty flavour.

Culinary Argan is used for its toasted, creamy, nutty flavour. It is a versatile oil which adds flavour and richness to sweet and savoury dishes.

Culinary Argan oil is also used as a nutritional supplement for health problems such as Cholesterol, Heart Disease, Arthritis, and Diabetes.



  
1X 200ML / 7FL OZ  
ORGANIC  
CULINARY ARGAN OIL

FAST & FREE DELIVERY

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2X 200ML / 7 FL OZ  
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BERBER  
CUISINE





TRADITIONAL BERBER  
SKIN CARE & HAIR CARE

# 100% Pure Cosmetic ARGAN OIL



Pure Argan tree oil is naturally rich in nutrients that improve skin condition to protect against ageing and calm inflamed skin conditions such as Eczema and Psoriasis.

There are two main types of cosmetic Argan Oil. The first grade is cold-pressed and filtered once. This grade retains a natural Argan nut scent. The same Argan Oil is then filtered a 2nd time to produce a pure scent free oil.

We recommend unscented oil for anti aging skin care and hair treatment. Single filtered Argan has an Argan nut scent and is said to be better for skin problems such as Eczema.

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**1X 65ML / 2.2 FL OZ  
PURE ORGANIC  
COSMETIC ARGAN OIL**

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SKIN CARE & HAIR CARE

# Sahara Anti Aging Tanning Serum

Pure Argan tree oil is naturally rich in nutrients that improve skin condition to protect against ageing & calm inflamed skin conditions Eczema & Psoriasis.

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TRADITIONAL BERBER  
SKIN CARE & HAIR CARE

# HAIR MAGICK

## TOTAL HAIR CONDITION & REPAIR SERUM

Hair Magick is a carefully chosen and expertly balanced blend of three of the most effective natural oils known, for the repair and enrichment of your hair. Hair Magick is a completely chemical-free blend of 100% Pure Organic Oils in an Argan Oil base blended with JoJoba, Polynesian oils.

Each oil in this carefully balanced blend of exotic oils that provide a total repair and renewal treatment for your hair and scalp. Hair Magick gives a softer, fuller, healthier hair with a beautiful natural shine as well as a healthier scalp..

Throw away the chemical concoctions that are so heavily advertised on TV and deliver so little results and try the natural alternative now.



**1X 65ML / 2.2 FL OZ**  
**HAIR MAGICK**

FAST & FREE DELIVERY

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