



# **Africa's Healing Skin Care Secrets**

**Discover natural African cures**



## Live your life!

Don't hide behind problem skin anymore!

Enjoy brighter, clearer, more nourished skin than ever with help from Africa and Mother Nature! No matter what your skin care problem is, there's a safe and long-lasting natural solution in this book.

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## Africa's Quick-Fix

Want soft, silky hair? If you have a problem with dry, brittle locks try adding one teaspoon of jojoba oil to one cup of water. Simply shake and spray for more moisturized, shiny hair!

Discover the unique benefits of Africa's all-natural skin care products. Find out how good it feels to cleanse and condition without chemicals or additives.

### **You will see results fast!**

Now you can stop trying other products that only fix the problem temporarily. The products from Africa are famous for their long-term healing effects. We can guarantee that you will want to use these products over and over again because of the benefits you will get!



## **Why are Africa's Products Better?**

When it comes to skin care, it's hard to find higher quality ingredients than what you will get with African products. Here in the US skin care products are full of chemicals, preservatives, dyes, and more that do damage to your skin. African skin care is built on the foundation of natural beauty and natural ingredients.

Through fair-trade, every purchase you make helps to give someone in Africa a much-needed job. Many people who are unable to find jobs otherwise can continue to work based on your purchases.

Thank you!



**A look at eczema:** Eczema is a group of skin care conditions which affects all age groups. The severity of the disease varies. In mild forms the skin is dry, itchy and hot, while in more severe forms the skin can become broken, raw and bleeding. Eczema is not contagious, although it is a very troubling disease for the person who has the condition. With treatment the effects of eczema can be reduced, though skin will always be sensitive and need special care.

## #1 Cleanse

### The African Solution:

Dudu-Osun Black Soap  
Natural Black Soap

Both of these soaps are completely natural and contain herbs and honeys from the rain forest and Savannah regions of Africa.

Dudu-Osun contains a healing blend of honey, shea butter and aloe vera to nourish the skin, moisturize, and alleviate the itching and inflammation so common with eczema. Natural black soap contains a blend of plantain skins, palm kernel oil, and natural sodium. Plantain skins are rich in Vitamin E which help to reduce scarring and soothe eczema-prone skin.



**Dudu-Osun Black Soap**  
**M-S501 \$3.98**



**Natural Black Soap**  
**M-S520 Price vary per size**



## #2 Moisturize

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### The African Solution:

Shea Butter

Jojoba Oil

Mango Butter

People with eczema suffer from very dry, itchy skin. One of the best ways to alleviate symptoms is by using an intense moisturizer. Each of these natural butters or oils is filled with vitamins and essential fatty acids that reduce the appearance of eczema, soothe away itching, and moisturize without clogging the pores.



**Natural African Shea Butter:**  
7 oz. M-185 \$7.90



**Jojoba Oil - 4 oz.**  
M-230 \$29.90



**Mango Butter - 4 oz.**  
M-240 \$11.90



**Dead Sea Bath Salt - 1 Lb.**  
M-165 \$11.90



**Neem Oil - 4 oz.**  
M-316 \$9.90

## #3 Condition

For those who have severe symptoms of eczema, taking a little extra step towards healing can go a long way. Below are several ways to treat your eczema that give you the relief you need:

**Dead sea bath:** Relax and kick back in a dead sea bath. Dead sea salts are famous for their healing mineral content. People from across the globe travel to the dead sea to bathe in its healing waters. We recommend dissolving 1-2 cups of dead sea salts in a warm bath. Soak for 20-30 minutes, and then rinse with warm water. The healing minerals will penetrate the skin and heal from the inside out.

**The neem solution:** Neem oil is a natural oil that is famous for its healing effects on eczema. Add 2-3 tablespoons of neem oil to warm bath water, and soak for 20 minutes. You can add the neem oil to your dead sea bath for maximum results. Neem contains a powerful analgesic and relief from itching and general soreness. Neem oil makes eczema more manageable and gives skin a more normal appearance. The effects become obvious normally within 4-7 days.

**Other African Solutions:** Virgin coconut oil (for moisture), black seed oil (for healing), tea tree oil (relieves itching and rash), dead sea ex-foliating gel (for cleansing).

### Alternate remedies:

- Take 30 mg of zinc twice daily.
- Apply a paste made of nutmeg and water to the affected areas.
- Add chamomile, lavender, or geranium essential oil to your bath.



**A look at psoriasis:** Psoriasis is a non-contagious lifelong skin disease that has been diagnosed in 4.5 million adults in the United States. It appears as raised, red patches or lesions covered with white buildup of dead skin cells, called scale. There are different forms of psoriasis. In many cases, the scales are accompanied by blisters or red spots. People who suffer from psoriasis often experience inflammation and itchiness.

## #1 Cleanse

### The African Solution:

Dudu-Osun Black Soap  
Raw Shea Butter Soap

Both of these soaps are natural and feature powerful African ingredients that work to restore and soothe psoriasis-prone skin. Dudu-Osun is full of healing tropical herbs and honey which reduce inflammation and scaling. The shea butter soap gives you intense moisture while healing inflammation and clearing away dry psoriasis patches.

*"When I used the raw shea butter soap for the first time I noticed a big difference in the softness of my skin. I no longer have to use moisturizing products!"*

~ Christie from Douglasville, Georgia



**Dudu-Osun Black Soap**  
**M-S501 \$3.98**



**Raw Shea Butter Soap**  
**M-S455 \$4.98**

## #2 Moisturize

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### The African Solution:

Shea Butter  
Cocoa Butter  
Aloe Butter  
Mango Butter

In order to protect your skin, and to alleviate itching you need to provide a moisture barrier. Shea butter gives intense moisture that lasts for days, cocoa butter is also a popular choice. Aloe butter is a lighter moisturizer, but it will really soothe the itchiness and pain. Mango butter is also a lighter moisturizer than the shea butter, but is better for people with more sensitive or oily skin.

## #3 Condition

After cleansing and moisturizing, it's good to take an extra step to protect your skin. Here are a few options for you:

**The neem solution:** Neem oil is one of the best ways to treat psoriasis. It moisturizes and protects the skin, while it helps to heal the lesions, scaling and irritation. Simply apply to all areas of irritation.

**Take a dead sea bath:** Relax and kick back in a dead sea bath. Dead sea salts are famous for their healing mineral content. People from across the globe travel to the dead sea to bathe in its healing waters. We recommend dissolving 1-2 cups of dead sea salts in a warm bath. Soak for 20-30 minutes, and then rinse with warm water. The healing minerals will penetrate the skin and heal from the inside out.

**Alternate remedies:** Add apple cider vinegar to your bath or apply topically for relief from psoriasis.

Add a few drops of tea tree oil to your daily lotion. Tea tree oil has natural antibacterial and antiseptic qualities which help to keep your skin pure, clean, and soothed. Many people with psoriasis report skin improvement with daily use of tea tree oil.



Cocoa Butter - 4 oz.  
M-245 \$11.90



Aloe Butter - 4 oz.  
M-233 \$13.90



Mango Butter - 4 oz.  
M-240 \$11.90



Scented Salts  
M-153 \$7.90 each



Tea Tree Oil  
M-263 \$35.90



## A look at stretch marks:

Stretch marks are stripes on the skin from excessive stretching and rupture of elastic fibers especially due to pregnancy or obesity.

## #1 Cleanse

### The African Solution:

Dudu-Osun black soap  
Natural Black Soap

When you have stretch marks, the key to healing is moisture! Choose a soft, gentle cleanser that is free from detergents or alcohol. Dudu-Osun and natural black soap are all-natural and made with African ingredients like shea butter or plantain skins that penetrate the pores, bringing moisture and healing.

*"I have serious allergies that have landed me in the hospital with my face swollen beyond recognition! I started using Dudu-Osun Black Soap and I look like a new person! I got soft and young-looking skin in a week and I smell heavenly!"*

~ Shelly from West Chester, PA



**Dudu-Osun Black Soap**  
**M-S501 \$3.98**



**Raw Natural Black Soap Bar**  
**M-S514 \$4.98**



## #2 Moisturize

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### The African Solution:

Cocoa Butter  
Shea Butter  
Mango Butter

Some of the best stretch mark healers are from Africa. When cocoa butter was discovered it became so popular because of how effective it was in healing stretch marks. Later, Africans discovered shea butter, and the rest of the world has been using it since as another alternative to healing. Mango butter is also a great stretch mark healer that does double-duty while healing age spots, wrinkles, and dry skin.



**Cocoa Butter - 4 oz.**  
**M-245 \$11.90**



### You Need Shea Butter If...

- You want unbelievably soft, smooth skin
- You want to rid your skin of ash, chapping, or discoloration
- You crave silky, shiny, soft hair
- You want to maintain youthful, vibrant skin
- You want to clear away stretch marks
- You want to rid yourself of pesky dandruff
- You want to relieve muscle aches and pains
- You want to firm aging or loose skin
- You suffer from dermatitis, eczema, or psoriasis
- You want a natural diaper rash treatment for babies
- You want strong, healthy nails and cuticles
- You want to prevent thinning or brittleness in the hair
- You want to heal scarring or liver spots

**One Pound Bags of Raw  
Unmelted Shea Butter**  
Yellow or White **M-183 \$9.90**



**Mango Butter - 4 oz.**  
**M-240 \$11.90**





*Cocoa butter is extracted from the cocoa bean for its moisturizing properties.*



**Raw Shea Butter Soap**  
5 oz. **M-S455 \$4.98**

## #1 Cleanse

### **The African Solution:**

Oatmeal & Vitamin-E Soap  
Honey and Almond Soap  
Shea Butter Soap

You have to be careful when cleansing dry skin, because you want to make sure you replenish moisture instead of stripping it away with harsh astringents. We suggest you stay away from alcohol-based cleansers. Each soap contains natural healing ingredients like oatmeal, shea butter, chocolate, or coffee! These soaps also don't contain harsh chemical ingredients that will dry out your skin.



**Oatmeal & Vitamin-E Soap**  
4.5 oz. **M-S414 \$4.78**



**Miracle Soap - 4 oz.**  
**M-S100 \$11.90**

## #2 Moisturize

### The African Solution:

Shea Butter  
Cocoa Butter  
Olive Butter  
Virgin Coconut Oil  
Jojoba Oil

The best way to combat dry skin is with a great moisturizer. When it comes to moisturizing dry skin there are so many natural options to choose from! For a very intense moisture try the shea butter, cocoa butter, or olive butter. If you have very sensitive or acne-prone skin a lighter moisturizer would be a good choice, such as virgin coconut oil or jojoba oil.

## #3 Condition

If you want to take an extra step towards healing dry skin, try Black Seed Therapy. Simply apply a small amount of black seed oil to your skin, cover with a warm moist cloth and rest for twenty minutes. Rinse thoroughly. Do this 2-3 times a week to keep your skin extra soft and supple. This also helps to reduce fine lines and wrinkles.



**Black Seed Oil**  
4 oz. M-267 \$23.90

## Pure Black Seed Oil

Discover the 2000-year-old skin care secret of black seed oil. This oil softens skin and is very effective in clearing acne-prone skin and soothing irritated skin. Black seed oil contains a high vitamin and mineral content, which make it an amazing skin treat. Heals dry skin, fine lines, and wrinkles.



**Cocoa Butter - 4 oz.**  
M-245 \$11.90



**Olive Butter - 4 oz.**  
M-238 \$9.90



**Virgin Organic Coconut Oil**  
M-220 \$15.90



**Whipped Shea Butter**  
8 oz. M-216 \$11.90



**Jojoba Oil - 4 oz.**  
M-230 \$29.90

# 12 Heal Oily/Acne-Prone skin



## #1 Cleanse

### **The African Solution:**

Natural Black Soap

Desired Diva: Acne Abolisher

When cleansing oily skin you need to be sure to have a very gentle cleanser. Many people who suffer from acne think that they have to wash their face several times a day with a harsh detergent cleanser. The opposite is actually true. Believe it or not, oily skin does need moisture, just the right kind. Both of these soaps contain all-natural ingredients, and no dyes, fragrances, or alcohol to irritate your skin. The West African Black Soap Paste has been raved about by hundreds of customers who have found relief from acne by using it, and the Desired Diva: Acne Abolisher contains Tea Tree Oil famous for its antibacterial, purifying properties that leave skin clear and refreshed.



**West African Black Soap Paste**  
8 oz. **M-S492 \$7.90**



**Desired Diva: Acne Abolisher**  
4 oz. **DD-100 \$39.90**

## #2 Moisturize

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### The African Solution:

Jojoba Oil

When it comes to choosing a moisturizer, be sure to look for one that has no alcohol, no dyes, and no fragrance. Those are the three most important things to remember. Jojoba oil has a structure that closely resembles your skin's sebum, which actually causes your skin to stop over-producing sebum. Jojoba also assists in breaking down sebum in plugged-up pores. In short, jojoba oil helps to balance the skin's sebum, while assisting to moisturize dry skin.



**Jojoba Oil - 4 oz.**  
**M-230 \$29.90**

## #3 Deep treatment

Take an extra step towards healing with the following remedies:

**The Neem Solution:** Neem oil helps to heal acne wounds, and acts as an antibacterial that prohibits future breakouts. Simply apply a few drops gently to the entire face to help control oily skin and replenish skin's natural moisture.

**The Tea Tree Method:** Tea tree oil is a wonderful antibacterial remedy for acne-prone or oily skin. It goes deep within your pores, clearing out excess dirt, sebum, or residue. Add a few drops to your daily cleanser or face wash for a simple way to control excess oil. You can also add a few drops to your bath water to heal body acne. You can also apply tea tree oil to pimples with a cotton swab to get rid of pimples. We recommend applying two to four times a day to get rid of pimples.

Alternate healing remedy: Mix brown sugar with warm water and rub into your skin. This will clear out pores and blackheads gradually.



**Neem Oil - 4 oz.**  
**M-316 \$9.90**



**Tea Tree Oil**  
**M-263 \$35.90**



## What is Neem Oil?

Neem oil comes from the Neem Tree which grows in South Africa, India, and Burma. It is wild-crafted and cold-pressed from carefully stored seeds. It has a garlic/nutty aroma. The medicinal properties of Neem oil have made it a popular choice in many African remedies for skin and health treatments. Neem oil is guaranteed to be free from any pesticides or harmful levels of any metals.





**A look at Rosacea:** Rosacea is a common but little-known disorder of the facial skin. Because of its red-faced, acne-like effect, it is often untreated or treated with the wrong products. Currently there is no cure for rosacea, and the signs include redness on the cheeks, nose, chin or forehead, and small visible blood vessels in the face. Other symptoms are bumps or pimples on the face and watery or irritated eyes.

## #1 Cleanse

### The African Solution:

#### Natural Black Soap

You have to be very careful with the type of soap you use on your skin when you have rosacea. Stay away from dyes and fragrances, and stick with an all-natural blend if possible. You also want something that won't be too harsh on your sensitive skin.

Natural black soap will gently and effectively replenish your skin. Break off a small piece and wet with water, rub between your hands and apply to your skin. Rinse.

**Alternate remedies:** Take your B vitamins! Many people who suffer from rosacea suffer from low amounts of Vitamin B. Vitamin B also helps to reduce inflammation on the skin.



**Natural Black Soap**  
M-S520 Price vary per size

## #2 Moisturize

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### The African Solution:

Virgin Coconut Oil

Aloe Butter

Moisturizing is so important for rosacea. Many people confuse rosacea as acne and don't moisturize properly. We recommend using virgin coconut oil or aloe butter. Virgin coconut oil is known to heal rosacea sores, heals without a scab, and prevents itching. Aloe butter helps to reduce irritation and the redness associated with rosacea while moisturizing and protecting with over 75 nutrients, 20 minerals, and 18 amino acids.



**Virgin Organic Coconut Oil**  
**M-220 \$15.90**



**Aloe Butter**  
**M-233 \$13.90**



### You Need Coconut Oil If...

- You want soft, silky smooth skin
- You want to regulate your metabolism to encourage weight loss
- You want luminous, clear skin.
- You want a healthy alternative to fatty cooking oils
- You want to age-proof your skin
- You want to heal stretch marks and scarring
- You want a beneficial massage oil
- You can use coconut oil as a healthy and delicious replacement for butter or fat; sautéed vegetables, roast sweet potatoes, add to smoothies or mix into cereal.

**NOTICE:** Virgin coconut oil is different from hydrogenated coconut oil.

Hydrogenated coconut oils are deodorized and diluted with harsh chemicals and bleaches. Only pure virgin coconut oil gives you the benefits listed.



#### A look at sunburn:

Sunburn is inflammation and redness of the skin caused by overexposure to the sun. Sunburn leaves skin irritated and can cause the skin to peel.

## #1 Soothe and relieve

#### The African Solution:

Aloe Butter or Aloe Vera Gel

When you have a sunburn, the worst part is the itching, burning, and pain you experience. You can relieve these symptoms by coating your skin in aloe vera gel or aloe butter. Aloe has natural soothing properties that cool the skin and take away the burning sensation and pain. Aloe butter also helps to speed up the healing process without peeling or blistering.



**Aloe Butter**  
M-233 \$13.90



**Aloe Vera Natural Oil**  
4 oz. M-235 \$7.90

## #2 Stop peeling

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### The African Solution:

Aloe Butter or Aloe Vera Gel

Tea Tree Oil

Along with aloe butter and aloe vera gel, another popular method to heal sunburn without peeling is tea tree oil. Simply dilute one part tea tree oil with ten parts olive or virgin coconut oil and spread freely over affected areas. You'll notice not only improvement in your skin tone and texture, but rapid healing without that pesky peeling. Vitamin E oil also is a great way to speed up the healing process.



**Tea Tree Oil**  
**M-263 \$35.90**



### Ways you can avoid sunburn

- Avoid being outdoors between 10:00 AM and 3:00 PM, when the UV rays are most intense.
- If you must be outside, try to wear a hat, sunglasses, and clothing made of light colored, light weight, tightly woven material.
- Use a sunscreen with a SPF of 15 or higher.
- Drink plenty of fluids to avoid dehydration.

### More ways to help heal your sunburn:

- Drink lots of fluids to keep your body hydrated and to replace the moisture stolen by the sunburn.
- Fill a bathtub with cold water and dissolve one pound of baking soda or oatmeal in it. Soak in the bath for approximately 30 minutes, until you feel relief.
- Wash the affected area with an antibacterial soap to avoid secondary infection.
- Do not apply any creams, heavy butters, or petroleum jelly to the sunburn. They only cause more damage by trapping the heat and can make a burn deeper. The sunburn will heal faster if exposed to the air.



**A look at insect bites:** Insect bites are painful wounds caused by the thrust of an insect's stinger or bite into the skin. These bites can cause redness, itchiness, and inflammation. Although bites can go away without any treatment, the irritation and scratching can leave a scar.

## #1 Keep away bugs!

### The African Solution:

#### Neem Oil

Neem oil is used worldwide as a way to ward off pesky insects from your skin, and also from your garden plants. Simply add about fifteen drops to a spray bottle of water and spray on your skin to ward off insects. You can also use tea tree oil in the same manner, just add the fifteen drops to the water for a natural remedy.

*"Tea tree oil is the best healing oil on the market. I use it to brush my teeth, keep insects off me, heal insect bites. It works fast!"*

~ Charmaine from Chicago, Illinois



**Neem Oil - 4 oz.  
M-316 \$9.90**



## #2 Heal existing insect bites

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### The African Solution:

Neem Oil

Virgin Coconut Oil

Tea Tree Oil

Neem oil not only keeps away insects, but it also rapidly heals insect bites. Apply a few drops to the area of irritation for healing and relief. Virgin coconut oil is naturally anti-inflammatory, so it relieves itching quickly while healing the bite. Tea tree oil also helps to heal and relieve itching. Simply apply to insect bites with a cotton swab.



**Virgin Organic Coconut Oil**  
**M-220 \$15.90**



**Tea Tree Oil**  
**M-263 \$35.90**

### How tea tree oil can help you:

- Heals Acne pimples and lesions
- Relieves symptoms of arthritis
- Fights athletes foots, jock itch, and fungal nail infections
- Heals burns
- Heals boils
- Soothes and heals cold sores
- Rapidly heals cuts and abrasions
- Minimizes risks of scarring when applied to wounds
- Heals dandruff and dry scalp
- Soothes hemorrhoids
- Clears away herpes sores
- Heals infections

- Heals psoriasis
- Heals vaginal yeast infections, thrush, and vaginitis
- Heals warts
- Heals insect bites and stings
- How to use tea tree oil:

Possible Side Effects: Tea tree oil can irritate sensitive skin, especially in the vaginal area. It can also prompt an allergic reaction in some people. As a safety precaution, dab a small amount on your inner arm with a cotton swab before using the oil. If you are allergic your arm will quickly become red or inflamed.

Cautions: Never ingest tea tree oil. It is for external use only, and should never be applied around the eyes.



## #1 Pick the right soap

### **The African Solution:**

Dudu-Osun Soap  
Natural Black Soap

When your skin is aging it needs extra moisture and fatty acids to firm up the skin and keep it soft and supple. The soaps mentioned are made from all natural ingredients, and contain tropical herbs found in the heart of Africa. These soaps help not only to reduce wrinkles and fine lines, but they can take away liver, or aging spots commonly found on the face and body. When choosing a soap, choose something with moisture, and also try to avoid harsh detergents, chemicals, dyes, and fragrances.



**Dudu-Osun Black Soap**  
**M-S501 \$3.98**



**Natural Black Soap**  
**M-S520 Price vary per size**

## #2 Combat aging

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### The African Solution:

Africa has a lot of ways you can combat aging and aging spots. Here are a few options for you:

**The Coconut Combat:** Coconut oil helps to keep the skin from developing liver spots or other aging signs. Simply apply virgin coconut oil to the skin daily to make skin soft and supple while healing signs of aging.

**Black Seed Solution:** You can apply black seed oil to the face with a cotton ball, or for a more intensive approach you can apply black seed oil to wet skin. Cover with a warm, moist cloth and sit for twenty minutes. Wash off. Repeat a couple of times a week to reduce signs of aging.

**Shea Butter:** Shea butter is famous for renewing skin, firming sagging skin, and making you soft, supple, and youthful. Shea butter will go deep within your pores, firming up, while making your skin soft, supple, and revived.

**Raw Mango Butter Blend:** Mango butter has natural emollient properties; high oxidative ability; wound healing, and regenerative activity due to its high unsaponifiable; an extract that softens the skin and reduces scars. It also has a protective effect against UV radiation. Dermatologists often recommend mango butter for treatment of wrinkles, as most people who use the butter will notice decreased signs of aging and the disappearance of lines and wrinkles within 4 to 6 weeks of daily use.

*"I love this combination it works well on wrinkles especially on the forehead."*

~ Townsend

*"Love it, it's soft, easy to apply and smells great!!!"*

~Douglas



**Virgin Organic Coconut Oil**  
M-220 \$15.90



**Black Seed Oil**  
4 oz. M-267 \$23.90



**Natural African Shea Butter:**  
7 oz. M-185 \$7.90



**Raw Mango Butter Blend - Small**  
M-242 \$11.90