

**HANDMADE
IN GHANA** SKIN
GOURMET

**THE ULTIMATE
SKINCARE
GUIDE**



HANDMADE
IN GHANA

SKIN GOURMET

Our Gourmet skincare is perfect for all skin types and balances skin pH levels using carefully crafted formulations that are chemical free and good enough to eat.



**HANDMADE
IN GHANA**

SKIN GOURMET



SKIN TYPES

1. Acidic
2. Alkaline (Sensitive Skin)
3. Normal

ACIDIC VS. ALKALINE

Acidic Skin

3 to 4 pH Level

Normal Skin

5 to 7 pH Level

Alkaline Skin

7 to 9 pH Level



HANDMADE
IN GHANA
**SKIN
GOURMET**

SKIN PH SCALE



HANDMADE
IN GHANA
**SKIN
GOURMET**



ACIDIC SKIN

Acne Prone

Eczema

Oiliness

Infections

Blackheads

ALKALINE SKIN

Pre – Mature Aging

Redness

Irritation

Dryness

Dry Spots

Sensitive



THE REMEDY

HANDMADE
IN GHANA
SKIN
GOURMET



DRINK WATER

At least 4 liters of water a day.

EXFOLIATE

Everyday to refresh the skin

HEALTHY DIET

You are what you eat.

EXERCISE.

HANDMADE
IN GHANA
**SKIN
GOURMET**



FIRST THINGS FIRST

HANDMADE
IN GHANA

SKIN GOURMET

EDIBLE SKINCARE



HANDMADE
IN GHANA
**SKIN
GOURMET**



THE ROUTINE

Morning & Evening

1. Wash
2. Exfoliate
3. Cleanse with toner
4. Moisturize with Oil
5. Moisturize with Butter

AFRICAN BLACK SOAP

Black Soap is Highly Recommended For A Face Wash Every Morning And Evening





PEPPERMINT BLACK SOAP

For normal and oily skin
For face, body and hair

Super foamy

Refreshes and cools

Gets you super clean

Fights acne and pimples

TEA TREE BLACK SOAP

For normal and oily skin

For face, body and hair

Super foamy

Treats acne

Anti-inflammatory

Gets you super clean

Remedy for oily skin and hair





BAOBAB BLACK SOAP

For normal and oily skin

For face, body and hair

Does not dry skin

A gentle black soap

Evens skin tone

Softens skin

Soothes irritation and dry skin

Gets you super clean

AFRICAN BLACK SOAP

For normal & oily skin

For face, body & hair

Safe for dishes & clothes

Helps treat acne

Natural exfoliant



COFFE & BLACK SOAP SCRUB

For normal & oily skin

Scrub, Mask & Soap in 1

Gentle exfoliation

Very convenient

Treats acne

Cellulite Reducer



QUICK TIP:

Our black soap has a pH Level of 7.5 – 8.0 and above. So, we do not recommend it for skin that is alkaline (usually this skin type is dry and sensitive)



HANDMADE
IN GHANA

SKIN GOURMET

Exfoliate

Scrub Everyday!
Once a Day!



HIBISCUS & TEA TREE SUGAR SCRUB

For normal, dry & oily skin

High In Antioxidants

Fights acne

Smoothens skin

Anti – Aging

Improves Complexion



COFFEE & MORINGA SCRUB

For all skin types

Fights signs of aging

Super gentle

Brightens the skin

Helps clear black heads

Heals and soothes

Reduces inflammation

Reduces Cellulite



HANDMADE
IN GHANA
**SKIN
GOURMET**



COCOA & SEA SALT SCRUB

For all skin types

Promotes Skin regeneration

Deep Moisturization

Smells like chocolate

Super Anti – oxidant

Reduces Stretch Marks

COCONUT & CINNAMON EXFOLIATING SALT

For all skin types

Smoothens and softens skin

Anti-fungal

Helps fight acne

Enhances complexion

Boosts skin health



HANDMADE
IN GHANA

SKIN GOURMET



BAOBAB SUGAR SCRUB

For normal, dry & oily skin

Reduces scarring

Evens skin tone

Super refreshing

Boosts collagen

Helps blood circulation

Reduces stretch marks

CLAY MASK!

Mask 3 Times a Week

STUDIO \ BADGE
accra, ghana



- Tighten pores
- Exfoliates
- Fights black heads
- Reduces oiliness
- Fights acne & Pimples
- Fights infections

WHICH GHANA MASK?

Ghana Clay Mask

For all skin types.
Moisturize immediately
after use.

Ghana Turmeric Mask

For acne prone skin.
Not recommended for
sensitive skin. Moisturize
immediately after use.



HANDMADE
IN GHANA **SKIN
GOURMET**

TONERS

Ginger & Tea Tree

For acne prone skin

Treats oily skin

Evens skin tone

Fights infection

Clears blackheads



HANDMADE
IN GHANA **SKIN
GOURMET**

TONERS



Ginger & Propolis

For sensitive skin

Heals skin

Treats acne

Reduces inflammation

Supports collagen production

EDIBLE OILS



HANDMADE
IN GHANA

SKIN GOURMET



NEEM OIL

Treats acne
Anti – fungal
Antiseptic
Antibiotic
Anti – inflammatory
Treats dandruff
Stops itching
Heals wounds
Treats eczema
Natural insect repellent



HEMP OIL

Anti – inflammatory
Treats dry skin
Anti - aging
Soothes acne
Natural pain relief
Aids hair growth
Hair conditioner
Treats eczema
Treats psoriasis

HANDMADE
IN GHANA

SKIN GOURMET



SHEA OIL

For all skin types

Moisturizing

Improved skin

texture

Anti – inflammatory

Softens skin

Boosts collagen

Natural sunscreen

Treats dermatitis

Treats eczema

Treats psoriasis



COCONUT OIL

Not for oily skin

Great tanning oil

Anti – oxidant

Calms redness

Absorbs easily

Hydrates

Makeup Remover

Adds Shine to hair

For oil pulling

Shaving Oil

HANDMADE
IN GHANA

SKIN GOURMET



CASTOR OIL

For all skin types

Natural laxative

Fights acne

Anti – aging

Anti – fungal

Reduces breakage

Anti – inflammatory

Heals wounds

Promotes healthy

hair growth



BAOBAB OIL

For all skin types

Evens skin tone

Heals stretchmarks

Softens skin

Boosts collagen

Not oily

Absorbs quickly

MORINGA OIL

For all skin types

Moisturizing

Anti – oxidant

Reduces wrinkles

Heals wounds

Brightens skin

Topical cleanser

Strengthens hair



HANDMADE
IN GHANA

SKIN GOURMET

BEARD OIL

Promotes growth

Darkens beard

Softens beard

Treats razor bumps



SKIN
GOURMET
HANDMADE
IN GHANA

EDIBLE BUTTERS



RAW SHEA BUTTER

- Improves skin texture**
- Heals the skin**
- Softens skin**
- Anti – aging**
- Soothes inflammation**

RAW COCOA BUTTER

For all skin types

Hot oil treatment for hair

Evens skin tone

Smells like chocolate

Very light butter

Absorbs quickly

HANDMADE
IN GHANA
**SKIN
GOURMET**





BAOBAB & SHEA BUTTER

For all skin types

Evens Skin Tone

Treats Eczema

Heals Stretch Marks

Moisturizer

Anti – Inflammatory

SKIN
GOURMET
HANDMADE
IN GHANA



HEMP & SHEA BUTTER

Anti – Inflammatory

Healing

Deep hydration

Perfect for dry skin

Deep conditioning for hair



COCONUT & SHEA BUTTER

For all skin types

Great for tanning

Aids in healing

Moisturizing

Anti-inflammatory





COCOA & SHEA BUTTER

For all skin types

Anti-inflammatory

Evens Skin Tone

Heavy Butter

Healing

HANDMADE
IN GHANA **SKIN
GOURMET**

COCOA & COCONUT BUTTER

Evens skin tone

Light butter

Absorbs quickly

Not for Dry Skin



COCOA & WILD HONEY BUTTER

For all skin types

Makes skin glow

Evens Skin Tone

Less Heavy Butter

Smells like chocolate

Heals skin

Conditions hair



MASKS & TEAS

Uses For All Skin Types



**SKIN
GOURMET**
HANDMADE
IN GHANA

WILD NORTHERN HONEY

For everyone!

100% Pure

Treats acne

Deep Moisturization

Anti -bacterial

Mask, Tea ,Sweetener

Delicious!





**HANDMADE
IN GHANA** **SKIN
GOURMET**

BAOBAB FRUIT PULP

Boosts collagen production

7x more Vitamin C than oranges!

Sweet and tangy

Potent Anti – Oxidant

Vegan calcium

4x the potassium of a banana

A great meal or face mask

HANDMADE
IN GHANA **SKIN
GOURMET**

CINNAMON & WILD HONEY

Anti – Bacterial

Treats Acne

Reduces Dandruff

Anti – Inflammatory

Anti – Bacterial

Soothes Burns

Yummy!





250 GRAMS

RAW
COCOA
POWDER

SKIN
GOURMET

SKIN
GOURMET
HANDMADE
IN GHANA

RAW COCOA POWDER

Anti – Oxidant

Softens skin

Boosts skin elasticity

Enhanced brain function

Reduces high blood pressure

It is a SUPER FOOD!



EXTRA.

Gourmet Accessories

GOURMET PRESERVING SPOON

Our products are made with absolutely no preservatives – we mean NONE!

That's why we ask that you do not use your fingers to scoop out the product, so you do not introduce bacteria into the pure goodness.

So, we crafted this beautiful, sustainably sourced, wooden gourmet spoon to help you scoop out the rawness BUT if you insist on being handsy – please stick the product in the fridge.

Made in Ghana – always.



HANDMADE
IN GHANA

SKIN GOURMET

WILD COCONUT BOWL

Made from discarded coconut husks.

Handmade + Upcycled + Ghanaian

The perfect wild bowl for mixing our gourmet products, or to eat a healthy meal.





HANDMADE
IN GHANA

SKIN GOURMET

Skin Gourmet Limited

+233 (0) 20 897 9302

info@skingourmetgh.com

www.skingourmet.com