

HANDMADE  
IN GHANA

# SKIN GOURMET

## THE GHANA MASK GUIDE



HANDMADE  
IN GHANA **SKIN  
GOURMET**



## WHAT IS IT?

100% Termite and ant mound clay

The clay is harvested sustainable from nutrient-rich soil free from pollutants in the Northern region of Ghana. All by hand!

# WHAT IS IN IT?

**Magnesium** 24.2 mg/L

**Calcium** 3.6 mg/L

**Potassium** 77 mg/L

**Iron** 116 mg/L





## Magnesium

Protects skin from external damage, as it regulates cellular regeneration and repair, increasing the recovery.

## Potassium

Keeps skin hydrated making it soft and smooth.

## Iron

Gives a healthy glow  
And it heals skin.





HANDMADE  
IN GHANA

# SKIN GOURMET

## WHAT DOES IT DO?

Tightens and minimizes pores

Exfoliates and Detoxifies

Reduces Oiliness

Unclogs pores

Treats acne and pimples

Reduces inflammation

Heals infection





# WHAT IS IT?

It is our Ghana Clay mask with all the added benefits of organic Turmeric powder.





HANDMADE  
IN GHANA

# SKIN GOURMET

## WHY TURMERIC?

Turmeric powder is made from the root of *Curcuma zedoaria*, a form of ginger native to Southeast Asia. Its active ingredient, curcumin, is what gives it that yellow-orange tinge; it's also what makes it such a potent anti-inflammatory.





# THE BENEFITS

Anti – Inflammatory

Treats Hyperpigmentation

Soothing

Detoxifying

Exfoliating

Heals skin

Anti – Aging

Treats acne

Treats psoriasis

Heals Eczema

**\*Not recommended for sensitive / dry skin.**





HANDMADE  
IN GHANA

# SKIN GOURMET

## HOW TO USE OUR MASKS?

Clean the skin.

Add 2-3 teaspoons of Ghana Mask and add water or preferred Skin Gourmet toner or black soap. Mix it thoroughly. Make sure its not too thick! Massage onto the skin.

Do not apply around the eye area.

Leave it on for 10-15 minutes, or until the mask is dry. Rinse. Moisturize.

Use 2-3 times a week.





# WHICH GHANA MASK IS FOR YOU?

## 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.





# Ghana Mask + Toners

## **Sensitive Skin with Acne**

Ghana Clay Mask +  
Ginger & Propolis Toner

## **Improve Complexion**

Ghana Turmeric Mask +  
Ginger & Propolis Toner

## **Inflamed Skin**

Ghana Clay Mask +  
Ginger & Propolis Toner



## **Blackhead & Even Skin Tone**

Ghana Clay Mask +  
Ginger & Tea Tree Toner

## **Oily Skin**

Ghana Clay Mask +  
Ginger & Tea Tree Toner

## **Acne Treatment**

Ghana Turmeric Mask +  
Ginger & Tea Tree Toner





# Ghana Masks + Black Soap

Mix with our black soap to get an enhanced treatment.

## Acne Treatment

Ghana Turmeric Mask +  
Tea Tree Black Soap

## Oily Skin

Ghana Clay +  
Tea Tree Black Soap

This is not recommended for dry or sensitive skin

## Normal / Combination

Ghana Turmeric Mask +  
Baobab Black Soap

## Completion Boost

Ghana Turmeric Mask +  
Baobab Black Soap





# GHANA MASKS + CINNAMON & WILD HONEY

- Moisture boost
- Anti – bacterial
- Fight fine lines
- Soothes eczema
- Treats acne





# MIXING OUR GHANA MASKS

You can fully replace water with the alternatives listed, or you can dilute it with water. The mixture should be just thick enough to spread. If you make it too thick, it won't dry. Too thin, and it'll run off.



HANDMADE  
IN GHANA

# SKIN GOURMET

# HAPPY MASKING!



Skin Gourmet Limited

+233 (0) 20 897 9302

[info@skingourmetgh.com](mailto:info@skingourmetgh.com)

[www.skingourmet.com](http://www.skingourmet.com)