

The Beautiful Benefits of Rhassoul Clay



Hair and skin beauty products are probably two of the most purchased items whether online or offline. It has turned manufacturers busy as they have to come up with something that will meet the demand for beauty products. Consumers have also become very keen when choosing as they want something that is effective and safe for them to use at the same time.

Miracle in a Powder

One popular product that is gaining popularity in the beauty products department is the [Rhassoul clay](#) powder. The powder is a mineral deposit that can be found in the Atlas Mountains in Morocco. It is produced through volcanic activities and geothermal processes. It can be considered safe as it came from natural ingredients.

The clay also comes in different names like Oxide Clay, Red Moroccan Clay or simply, Red Clay and Ghassoul Clay. Its Rhassoul name is derived from the Arabic word Rhassalah which means washing. It washes out impurities on the hair and skin. It can also provide the minerals that the skin and the hair needs.

Here is a simple guide on how to use the product for the hair and the skin:

For the skin just get an amount that can cover the area on your face or body. Mix the powder with water and spread it evenly on the area. Aside from using water, you can always use aloe vera. Leave it for about ten minutes then wash it off. When rinsing, you can go the extra mile by using an infusion of herbs like lavender, chamomile or calendula as a rinse. It can leave your skin extra nourished. The mixture can be used on the face or the body.

For those with skin blemishes can make use of the powder by mixing a small amount of the powder with water and witch hazel and apply it on the blemish. For 10 minutes, allow it to sit on the blemish and rinse it off. It can calm the irritation and take out the accumulated toxins.

For the hair measure an amount depending on the length and thickness of your hair. For short hair, 3-4 tablespoons of the powder is enough. Mix the powder with about 2 tablespoons of honey and about 5 tablespoons of coconut milk. Spread the mixture on the hair and scalp. Wear a shower cap and allow the mixture to sit for about 30 minutes to an hour. Rinse the hair after. This will allow deep conditioning on the hair making it healthy and beautiful.

The popularity of Rhassoul clay has extended to countries in Europe, Middle East and North Africa. It has become more popular since there is quite a number of beauty products that contain

synthetic ingredients that are harmful when used for the long haul. The Rhassoul powder is a popular choice as it is considered safe and effective. Users do not have to worry about the side effects as there is little to none. Just make sure that they follow simple instructions when creating the paste, though it is safe to use it is best to use the exact amount to get the desired effects.

[Rhassoul clay](#)

