



## Fine Powder for face, body and hair; sun-dried

### BEAUTY & HARMONY

Two cosmic  
features of  
ARGITAL  
GREEN CLAY



ARGITAL **GREEN CLAY** is soft, smooth, pliable and creamy. It is a natural anti-ageing element which protects, moulds, regenerates, stimulates and maintains youthful skin. It is rich in mineral salts and natural sea oligoelements; it is extracted from a cave near the Mediterranean sea in the deep south of Sicily, where the area is clean and unpolluted, is sunny and breezy most of the year. ARGITAL **Green Clay** absorbs stress and free radicals, leaving a silky, smooth, and supple skin.

All ARGITAL products are 100% natural - preservative-free - cruelty-free

## SOME of Dr. G. FERRARO's RECIPES

Cod. 2041 1 kg

Cod. 2042 2.5 kg

### BASE MASK INGREDIENTS:

1 CUP OF FINE GREEN CLAY, 1 TABLESPOON HONEY, 1 TABLESPOON SWEET ALMOND OR OLIVE OIL, ½ CUP NATURAL MINERAL WATER.

In one cup of mineral water, dissolve the honey, add the oil and mix well, then gradually add 1 cup of fine CLAY continuing to stir energetically until the mixture is smooth and creamy.

This is the **BASE MASK**.

A few minutes after the application of a mask you will feel a pleasant sense of freshness and a relaxation of the skin. You may also feel that the mask may tighten the skin; this is a normal reaction. Remove the mask using a sponge dampened with warm water.

After having removed the mask you will find that your skin has become softer. In some cases the skin may be reddened; this is a normal reaction of some skin types. In the case of a very sensitive skin a light burning sensation can also be felt on the skin; this is also a natural reaction.



### MASK FOR NORMAL SKIN:

To the **BASE MASK** add half a teaspoon of Wheat Germ Oil and mix well.

1 - 3 drops of essential oil of Lavender may be added if liked. Leave in place for 10 minutes.

### MASK FOR DRY SKIN:

To the **BASE MASK** add 2 tablespoons of Mallow leaf infusion, half a teaspoon of Musk Rose Oil or Borage Oil and mix well. 1 - 3 drops of Sandalwood essential oil may be added if liked.

Leave in place for 10 minutes.

**MASK FOR OILY SKIN:** Bracing and Refreshing: To the **BASE MASK** add one tablespoon of freshly squeezed lemon or grapefruit juice and mix well. 1-3 drops of Lemon essential oil may be added if liked. Leave in place for 10 minutes.

**NECK MASK:** Moistrizing, elasticizing: To the **BASE MASK** add 2 tablespoons of soya milk. 1 - 3 drops of Sandalwood essential oil may be added if liked. Leave in place for 15 minutes.



**BREAST MASK:** Firming: To the **BASE MASK** add 2 tablespoons of Sage leaf infusion and mix together. 1- 3 drops of Rose or Ylang-Ylang essential oil may be added if liked.

Leave in place for 10 to 20 minutes.

**MASK FOR THIGHS:** Firming: To the **BASE MASK** add 2 tablespoons of fresh crab apple or green apple juice, 1 tablespoon of Grape seed oil and mix well. 1 to 3 drops of Rosemary essential oil may be added if liked. Leave in place for 10 - 20 minutes.

**MASK FOR STRETCH MARKS:** To the **BASE MASK** add 2 tablespoons of carrot juice, 1 tablespoon of Grape seed oil, 1 - 2 tablespoons of Avocado oil and mix together. 1 - 3 drops of Lemon Balm essential oil may be added if liked. Leave in place for 10 - 20 minutes.

**MASK FOR THE COSMETIC TREATMENT OF CELLULITE:** To the **BASE MASK** add 1 tablespoon of Sweet Orange essential oil and mix together. Leave in place for 10 - 20 minutes.





## Fine Powder for face, body and hair; sun-dried

### BEAUTY & HARMONY

Two cosmic  
features of  
**ARGITAL**  
GREEN CLAY



ARGITAL **GREEN CLAY** is soft, smooth, pliable and creamy. It is a natural anti-ageing element which protects, moulds, regenerates, stimulates and maintains youthful skin. It is rich in mineral salts and natural sea oligoelements; it is extracted from a cave near the Mediterranean sea in the deep south of Sicily, where the area is clean and unpolluted, is sunny and breezy most of the year. ARGITAL **Green Clay** absorbs stress and free radicals, leaving a silky, smooth, and supple skin.

All ARGITAL products are 100% natural - preservative-free - cruelty-free  
**SOME of Dr. G. FERRARO's RECIPES**

**SLIMMING BATH:** When the bath is full of water, add three or four handfuls of fine clay. When the Clay is added to hot water it will disperse spontaneously. While you are bathing, the movement of your arms and legs will be sufficient to keep the CLAY in suspension. Bathing with CLAY does not dirty your skin, so it is best not to rinse yourself when you get out of the bath. You will note with pleasure that your skin has become softer. You can clean the bath of CLAY deposits with a shower jet of water.  
THE CLAY WILL NOT BLOCK THE BATH PLUMBING.



**FOOT-BATH and HAND-BATHS: Relaxing:** Put a handful of finely powdered CLAY in a small basin or in the bidet filled with hot water. Dip your feet or hands in the solution, rubbing one foot (or hand) against the other. Continue until the water has cooled.  
1 - 3 drops of Lemon Balm or Lavender essential oil may be added if liked.



**VAGINAL DOUCHINGS and IRRIGATION:** In a small basin of warm water or in the bidet add 1 tablespoon of Activated CLAY, and mix. With this CLAY solution you can irrigate or douche. For irrigating it is necessary to pour the solution into an appropriate irrigator. At the end of douching or irrigating it is not necessary to rinse with water.

**MASK FOR THE STOMACH:** Reduces swelling: To the BASE MASK add 2 tablespoons of Castor Oil and mix together. 1 - 3 drops of Anise or Fennel essential oil may be added if liked. Leave in place for 10 - 20 minutes.

**MASK FOR THE BACK:** Relaxing: To the BASE MASK add 2 tablespoons of infusion of Mountain Arnica flowers and leaves and mix together. 1 - 3 drops of Cinnamon or Thyme essential oil may be added if liked. Leave in place for 15 - 20 minutes.



### GIVE BODY and STRENGTH to HAIR:

**HAIR MASK:** Add 4 tablespoons of Equisetum infusion to the BASE MASK (this mask should be quite liquid for easier application on the hair and scalp) and mix together. 1 - 3 drops of Ylang-Ylang essential oil may be added if liked. Apply the mask to wet hair, ensuring that the CLAY penetrates both the hair and the scalp and cover with a shower cap. After 10 minutes rinse with hot water, and shampoo.  
You may wish to use one of the three ARGITAL Shampoos:  
- for oily hair and DANDRUFF;  
- for normal or dry hair;  
- for blonde hair.

**IF YOU DO NOT HAVE TIME to prepare the recipes WE SUGGEST YOU TRY  
THE READY-TO-USE ALL-IN-ONE CLAY MASK "ARGILTUBO" Cod. 3012**

A Gently toning masque that can be used by most skin types; also appropriate for dry or damaged skin. With **Green Clay**, Spring Water, Glycerin, Alcohol, Calendula (Demeter) & Pot Marigold extracts, pure Borage oil and pure Lavender (Demeter) essential oil.

