



CARMENTA®

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*Change*  
BT07

TURKISH BATH  
RASSOUL







# RASSOUL

## The steam that cools

*The ritual passed down by the Berber women for the beauty of body and soul. It is the secret of seduction to gain softness and radiance, brightness and exquisiteness. A thin layer of rhassoul powder is spread on the body while sweet, fragrant clouds of steam seductively envelop the body to cool, clean and deep cleanse, relieving the body of fatigue and stress.*



Rassoul or rhassoul is a natural clay soap (hectorite) rich in minerals and used by women in the Middle East to beautify the hair and the skin of the body. This clay, popular among the Berber women, is extracted in the Atlas region of Morocco and precisely in the regions of Ksabi, where local people use it as a shampoo and soap for laundry. Rhassoul is an integral part of the culture of the Hammam like the use of black soap and the exfoliating glove (Kessa). Today, the Moroccan royal family still reserves one of the many types of "Djebel-Rhassoul" for its personal consumption. Unlike shampoos and soaps, rhassoul

does not contain surfactants; when mixed with water, rhassoul swells and forms a very soft paste composed of fine particles; this paste absorbs impurities and fats which are then removed by rinsing. The compound thus obtained is used on warm, moist skin like a scrub, left on for ten minutes and rinsed, leaving the skin satin-smooth. It is used as a hair mask in the place of shampoo, left on for 15 minutes and then rinsed to leave the hair more nourished, silky and voluminous (for dry hair, add sweet almond oil to the mixture).

# Settings

The rhassoul ritual is divided into three different phases:

- 1<sup>st</sup> phase Starting the cycle - The cabin is heated to 39°-40° - 80% humidity
- 2<sup>nd</sup> phase Increasing the steam - The cabin is heated to 42°-44° - 90% humidity
- 3<sup>rd</sup> phase Turning off the steam and starting the shower to rinse the body



## Preparation of the cabin

- Air the cabin before switching it on
- Switch on at least 15 minutes prior to treatment
- Prepare the mixture: rhassoul powder, orange flower water and water (enough to make the powder creamy)

## Suggestions

Rhassoul is also very useful as a face mask and can act as a suitable base for mixing with other ingredients (honey, fruit pulp, yoghurt and oil) depending on the desired result.

The face masks should be kept on until the clay begins to dry out and then rinsed off with warm water. A tip for a homemade mask for oily, impure skin: Ingredients 50 grams of rhassoul, 10 grams of honey, 10 grams of lemon juice, a few drops of milk and a few drops of sweet almond or Argan oil.

Procedure: mix all the ingredients to make a smooth, uniform paste and apply to the face and neck. Leave on for 15 minutes and rinse with cool water.

## Preparation of the client

- Take off your shoes before entering. Enter barefoot
- Enter without sheets and/or towels
- It is advised not to enter wearing contact lenses

## Diet

- Drink a hot herbal tea (avoid cold drinks) before entering. Do not enter on a totally empty stomach or at the start of the digestive process. Avoid ingestion of animal proteins which take longer to digest; raw fruits and vegetables are preferable. In traditional hammams, mint green tea, dates and fine Arab pastries are served.
- At the end of the treatment, rehydrate the body with a warm herbal tea and eat one/two slices of raw apple to restore the right balance of sugars, mineral salts and vitamins.

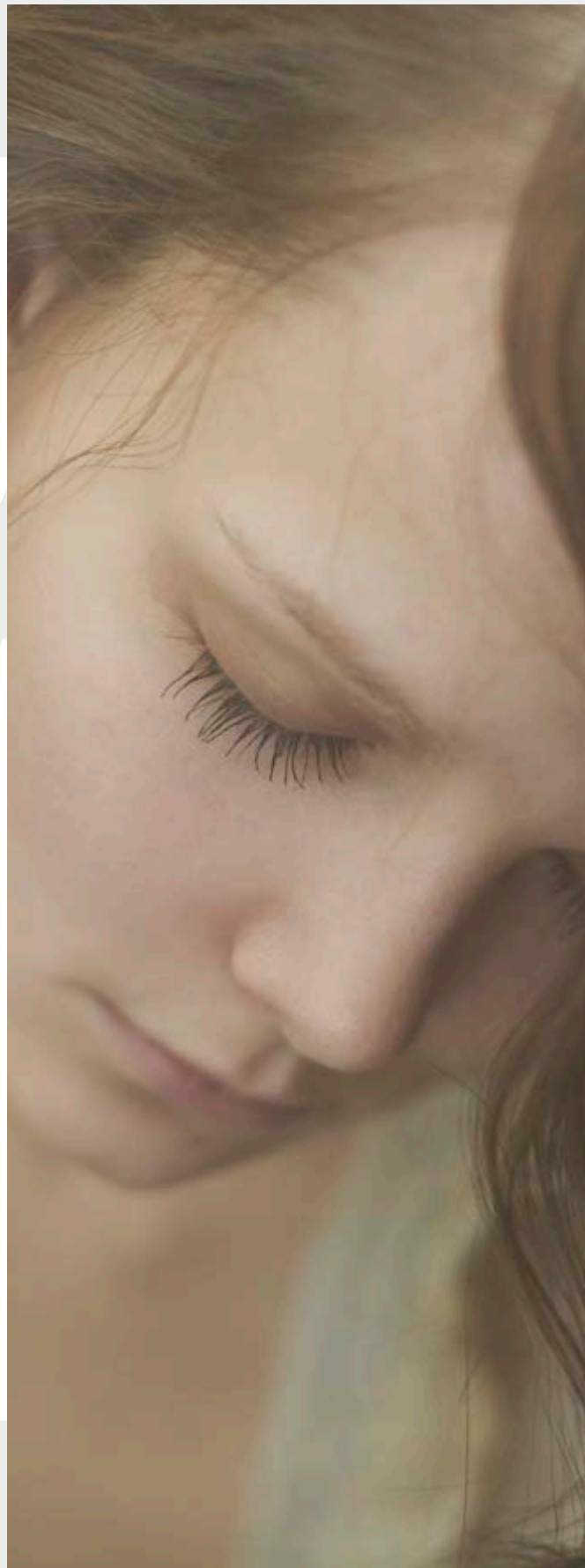
## Precautions

- Metal objects or jewelry, if not in complete contact with the skin, tend to heat up and burn. It is advised not to enter with jewelry, watches, etc...
- Avoid rhassoul clay coming into contact with metals as cationic exchange may occur between the metal and the clay if they come into contact! Wooden bowls and ladles should therefore be used.
- Traditional swimming costumes cannot withstand the high temperatures. Enter naked or covered only with fabrics that do not melt at high temperatures. In Arab countries, there are separate hammams for women and men. In accordance with tradition, there are no mixed-gender environments.

# How to do it

1. Have a shower before entering.
2. First step: 5-10 minutes as desired. Now the body temperature begins to rise and a slight sweat breaks out. The pores begin to perspire.
3. Second step: 12-15 minutes. Now the body begins to sweat and you can start to spread the rhassoul all over the body, from head to toe. The spreading movements should be slow and circular, concentrating on areas with thickened skin (heels, elbows, knees). Rhassoul powder also has a cooling action on the skin so it helps to make the time spent in the heat more pleasant.
4. Third phase: 5-8 minutes, as desired. The steam stops and the shower starts working to rinse the rhassoul off your body.
5. Get out and cool the body immediately and completely. If using a shower to cool down, start with the cold jet on the part of the body farthest from the heart in this sequence: right foot, left foot, right leg, left leg, right arm, left arm, chest and abdomen, back and, lastly, the head.
6. Lie on a bed wrapped in a dry bathrobe to facilitate the sweating reaction, sipping a lovely Moroccan green tea and eating a few dates to replenish the proper nutritional intake.
7. After relaxing, massage your body with Argan oil

Notes: There is a common misconception that the cold is harmful and only the heat is beneficial. During body stimulation processes like saunas, unless a strong stimulus is produced, the reaction mechanisms for the restoration of health will not be facilitated. It is therefore essential to facilitate these stimuli. Neutral water, with a temperature close to body temperature (35°-37°), does not produce stimuli! The greater the difference in temperature between the human body and the water, the greater the stimulation and reaction to awaken the body's self-healing capacity. We recommend starting with medium stimuli and increasing to stronger ones.



## To finish

- Turn off the Turkish bath and leave the door open so that the walls and benches dry well.
- Once the Turkish bath is cool, clean the surfaces and benches with water and vinegar, clean the taps with specific cleaning products and make sure there are no wet spots.





## It is effective for

- Re-activating the immune and lymphatic systems and stimulating the normal body processes and functions
- Deep cleansing, refreshing and oxygenating the skin
- Encouraging the purifying action
- Increasing the internal metabolism
- Positively affecting the nervous system
- Decongesting the mucous membranes, facilitating the expulsion of mucus
- Respiratory diseases such as sinusitis, bronchitis and rhinitis, especially when combined with aromatherapy
- Promoting tissue toning
- Reducing the "orange peel" effect

## Contraindications

It is sensible to take precautions and consult a doctor before having a sauna in the case of:

- Skin reddened by external agents or chemical substances
- Skin lesions
- Abrasions and grazes
- Severe cardiovascular or arterial disorders
- Asthma
- Severe kidney disease
- Severe circulatory problems
- Inflammation
- Tumours
- Epilepsy
- Pregnancy
- In febrile states
- When taking photosensitising drugs (steroids, antibiotics, the contraceptive pill...) consult your doctor.



In accordance with Italian regulation, you cannot promote medical activities in beauty centers. So what we propose is to accord with field of expertise. As a company, our indications are purely indicative for the uses relevance. Carmenta srl declines any civil and penal liability in the event of improper use of the above information.



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## Necessary kit

Essence  
Rassoul

## Associate paths

Hamam - cod. BT02  
Turkish b. chocolate - cod. BT03  
Turkish b. salt - cod. BT04  
Turkish b. coffee - cod. BT05  
Turkish b. stop cell - cod. BT06  
Sweet Time - cod. BT08

To each treatment correspond  
a specific kit containing all the  
appropriate products.