

Natural Spa Supplies Ltd

Imports of Mineral and Organic Body Care

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Humans washing like the animals

With the vast array of scientifically formulated cosmetics available in the market place, consumers are becoming increasingly confused and removed ever further from nature. How on earth did our prehistoric nomadic ancestors manage to care for their hair and body? To find the answers we can look, as humans always have, towards our close analogues - the land mammals, especially hairy mammals still living in the wild along with surmising what we can from archaeology.

Animals, such as horses, elephants and boar have a universal routine: Rolling in wet clay. In one, the rolling action removes dead hair, exfoliates the skin, deodorizes the body and leaves a protective coating of clay on the body helping against biting insects and providing protection from the sun and wind. Humans have always learnt about nature by observing wild animals, and selected clays have been found amongst the remains of Homo habilis (predecessors of Homo sapiens) at Kalambo Falls, Tanzania/Zambia. We should not be surprised, that gorillas in that vicinity eat a similar clay, and that it is used by surrounding tribes. Primates on the other hand prefer to rub themselves with carefully selected oily and aromatic herbs.

Not only do the wild animals feel better, but they maintain the appearance of good health, attracting quality mates. Humans, like furless mammals, are well adapted to using clay and plant oils and for us, caring for the body does not equate to vanity. The desire to look clean and healthy is part of our mammalian heritage, the expression of ourselves as social beings and plays a part in maintaining fruitful relationships.

Natural Spa Supplies promotes only the most fundamental and ancient of human body care systems. The key products are Rhassoul clay for washing the hair, face and body; Argan Oil for conditioning the skin (moisturizers are a recent invention) and volcanically formed alum crystal deodorant.

Sally Mittuch, Director of Natural Spa Supplies, a former lecturer has an educational background in archaeology and anthropology. Part of her company mission is to share knowledge about using clay. She is talking at UK Aware 2010 on Friday at 11.00 on Wild, Raw and Prehistoric Washing.

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