

YOU HAVE BEEN LIED TO

Learn everything about African Black Soap

A SIMPLE GUIDE TO SHOW
YOU THE MAGIC THAT IS
AFRICAN BLACK SOAP

BY ASEBLACKSOAP.COM

CONTENTS

1
INTRODUCTION

2
HOW TO USE AFRICAN BLACK SOAP FOR
HEALTHY, GLOWING SKIN

3
WHAT TO EXPECT WHEN USING AFRICAN
BLACK SOAP

4
THE HISTORY OF AFRICAN BLACK SOAP

5
INGREDIENTS & VARIANTS OF AFRICAN
BLACK SOAP

5
BENEFITS OF AFRICAN BLACK SOAP

5
FAQS

INTRODUCTION

African Black Soap is a centuries-old skincare secret, deeply rooted in Yoruba culture and cherished for its natural, skin-loving properties. Whether you're battling acne, hyperpigmentation, or simply seeking a glowing complexion, this guide will show you how to use African Black Soap effectively while celebrating its rich history and benefits.



HOW TO USE AFRICAN BLACK SOAP FOR HEALTHY, GLOWING SKIN

African Black Soap is a powerful antibacterial, antifungal and antiviral natural cleanser known for its deep-cleansing and clarifying properties. However, new users need to be eased into using it and it must be used correctly. **Follow this step-by-step guide for the best results:**

1. **Wet the Soap:** Cut a small piece or lather the soap in your hands with lukewarm water.
2. **Create a Lather:** Rub the soap between your hands or on a soft cloth to produce a creamy lather. Avoid applying the raw soap bar directly to your skin, as its texture can be coarse.
3. **Apply as a Mask:** Gently massage the lather onto damp skin in circular motions. For deep cleansing and exfoliation, leave the lather on your face for no more than 3 minutes before rinsing off. This helps unclog pores and exfoliate dead skin cells without over-drying the skin.
4. **Rinse Thoroughly:** Use lukewarm water to remove all traces of soap. Pat your skin dry with a clean towel.
5. **Follow with Hydration:** African Black Soap works very efficiently, so apply a lightweight moisturizer or facial oil (such as jojoba or argan oil) immediately to maintain skin hydration.

USEFUL TIPS & TRICKS

1. **Start Slowly:** If you're new to Black Soap, use it every other day for 1 week, to allow your skin adjust.
2. **Dilute for Sensitive Skin:** Mix a small amount of soap with water before use to allow it melt and to reduce its potency.
3. **Use on the Body Too:** This soap works well for body acne, hyperpigmentation, uneven skin tone and also hair.
4. **Store Properly:** Keep Black Soap in a dry, airtight container to prevent it from becoming soft and mushy.

FOLLOWING THESE STEPS ENSURES YOU GET THE BEST RESULTS FROM AFRICAN BLACK SOAP WHILE PROTECTING YOUR SKIN'S NATURAL BARRIER.



WHAT TO EXPECT WHEN USING AFRICAN BLACK SOAP

African Black Soap is rich in vitamins A & E, similar to retinol and tretinoin but in a gentler, natural non chemical form. Just like with these skincare actives, African Black Soap might cause mild reactions in a few people as their skin adjusts. Below are some reactions and how to manage them:



1. Slight Itching or Tingling:

- **Why?** The deep-cleansing nature of African Black Soap exfoliates and detoxifies pores, which can cause mild tingling for the first 2 uses.
- **Remedy:** Rinse with cool water and apply a lightweight moisturizer or soothing oil (e.g., aloe vera, jojoba oil do not use shea butter on your face).

2. Skin Tightness or Dryness:

- **Why?** The soap removes excess grime and pollutants. In a few people, this will leave the skin feeling tight.
- **Remedy:** Use a hydrating toner and follow with a non-comedogenic moisturizer to restore hydration. You may also simply use a face oil to lock in the moisture while your skin is still damp.

3. Temporary Redness or Sensitivity:

- **Why?** The natural exfoliating properties can stimulate blood flow, causing slight redness.
- **Remedy:** Reduce usage to 2–3 times per week and avoid using other strong exfoliants like AHAs or retinol on the same day.

4. Purging (Breakouts Before Clear Skin):

- Why? Like retinol and tretinoin, African Black Soap speeds up skin turnover, which may initially cause small breakouts which is the skin expelling toxins to reveal fresh skin.
- Remedy: Stay consistent; this usually lasts less than a week. Use a light, non-clogging moisturizer and drink plenty of water.

5. Mild Stinging on Open Wounds or Sensitive Skin:

- Why? Black Soap contains natural plant extracts and can slightly sting broken skin.
- Remedy: Avoid applying directly to wounds or irritated areas. Use a gentler cleanser until your skin heals.

Your Skin Will Adjust:

After less than a week of using African Black Soap 3 times or less, your skin will adapt, and these effects will fade. With consistent use, expect clearer, softer, and more radiant skin.

Final Tips:

- Introduce gradually and always immediately follow with hydration or an oil barrier.
- In the first week, reduce usage to 3 times a week or dilute the soap with water before applying while skin adapts.

Be patient—your skin will thank you!

BEFORE AND AFTER USING ASE BLACK SOAP



Day 1



During

BEFORE AND AFTER USING ASE BLACK SOAP



**Day 26.
Severe Acne Gone.**

THE HISTORY OF AFRICAN BLACK SOAP

African Black Soap, known as Ose Dudu in Yoruba, originates from Yorubaland (Southwestern Nigeria) centuries ago. The Yoruba people perfected the traditional method of making this soap by combining plantain skins, cocoa pod ash, palm oil, and shea butter—all rich in skin-nourishing properties.

During the 18th and 19th centuries, the soap spread to Ghana through trade and migration. The Ghanaian name for African Black Soap - Alata Samina (meaning "Pepper Trader's Soap") emerged in Ghana, referring to Yoruba traders (called Alata) who sold peppers and other goods. The Ghanaians adapted the soap using the locally available ingredients, such as coconut oil and different plant ashes, leading to an affordable variation of the original Nigerian Black Soap.

DIFFERENCES BETWEEN NIGERIAN & GHANAIAN BLACK SOAP

- **Nigerian Black Soap**: Deep dark coffee roast brown, high-quality, hard and melts when exposed to air.
- **Ghanaian Black Soap**: Light brown, chunkier, and more affordable than Nigerian version..

Beware of Fake Black Soaps:

With the soap's popularity, many counterfeit versions exist. Fake Black Soaps often:

- Are jet black and smooth (instead of brown or deep dark brown with an uneven texture).
- Contain artificial dyes or chemicals to mimic the natural look.
- Lack the earthy, slightly smoky scent of authentic Black Soap.
- Doesn't dissolve easily in water (authentic soap softens and dissolves when left in moisture).

Ingredients & Variants of African Black Soap

- African Black Soap is versatile, with many variants to suit different skin needs.
- Here are some popular options:
- **Wild Honey Black Soap:** Enriched with honey for extra moisture and antibacterial benefits.
- **Activated Charcoal Black Soap:** Contains activated charcoal for deep detoxification and oil control.
- **Black Soap with Sandalwood & Camwood (Osun):** Infused with sandalwood and camwood for soothing and skin-brightening effects.
- **Black Soap with Turmeric:** Contains turmeric powder or extract, great for hyperpigmentation and brightening.
- **Herbal Black Soap:** Infused with neem, aloe vera, moringa, or other herbal extracts to enhance skin healing.
- **Essential Oil-Infused Black Soap:** Includes tea tree, lavender, or eucalyptus oil for added antibacterial and soothing effects.
- **Black Soap with Goat Milk:** A moisturizing version that includes goat milk for extra hydration.
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BENEFITS OF AFRICAN BLACK SOAP



1. **Deep Cleansing & Detoxification:** Removes daily dirt, oil, and toxins deep inside the pores, that regular soaps cannot reach without harsh chemicals.
2. **Unclogs Pores & Fights Acne:** The natural antibacterial and antifungal properties eliminate acne and breakouts.
3. **Evens Skin Tone & Reduces Hyperpigmentation:** Helps fade dark spots and blemishes over time.
4. **Mild Exfoliation:** The ash content gently removes dead skin cells.
5. **Anti-Aging Properties:** Rich in vitamins A & E, helping to reduce wrinkles and fine lines.
6. **Hydration & Moisture Retention:** Natural oils like palm kernel oil and shea butter keep skin soft and hydrated.
7. **Reduces Inflammation & Soothes Skin Conditions:** Effective for eczema, psoriasis, and razor bumps.
8. **Balances Oily Skin:** Helps control excess sebum production, making it ideal for combination and oily skin.
9. **Suitable for All Skin Types:** Can be used on dry, oily, sensitive, and combination skin when properly moisturized afterward.
10. **Safe for Hair & Scalp Care:** Can be used as a natural shampoo for dandruff and itchy scalp.

FAQS



What is African Black Soap?

- African Black Soap is a natural, plant-based cleanser made from ingredients like plantain skins, cocoa pods, and palm kernel oil. Originating in Yorubaland, it's known for its deep cleansing and exfoliating properties for skin and hair.

What are its benefits?

- It reduces blemishes, dark spots, and hyperpigmentation, improves skin texture, and provides moisture. It's also effective for eczema, psoriasis, and acne.

How does it look?

- **Nigerian Black Soap (Ose Dudu):** Dark 'deep roast coffee' brown, high-quality, and slightly moldable.
- **Ghanaian Black Soap (Alata Samina):** Light brown, chunkier, and more affordable
- **Fake Black Soap:** Jet black, rock-hard, or brittle like regular chemical toilet soap.

FAQS

Is it suitable for all skin types?

- Yes, you may need to follow up with jojoba oil (face) or shea butter (body & hair) for hydration immediately after washing.

Is it good for sensitive skin?

- Yes, but start gradually—use it every other day for one minute before increasing to daily usage.

Can it be used on the face and body?

- Yes, but ease into it, especially if you have sensitive skin.

Can it dry out my skin?

- It may, due to its exfoliating properties. Apply oils or moisturizers immediately after use while the skin is damp.

Will it lighten my skin tone?

- No, but it helps even out skin tone and fade dark spots.

Can children use it?

- Yes! Traditionally used for newborns, but ensure it's 100% natural and from a trusted brand like Ase African Black Soap.

How do I use it?

- Cut a chunk and let it soften in air.
- Lather in hands, sponge, or washcloth (not directly on the skin).
- Apply, leave for 1–3 minutes, then rinse.
- Follow with oils or shea butter while the skin is damp.

Can it be used on hair?

1. Yes, as a natural shampoo for deep cleansing. Follow up with a conditioner or hair oil.

FAQS

How often should I use it?

- Start every other day, then increase frequency based on your skin's needs.

Does it have a strong scent?

- It has an earthy, smoky scent. Some brands add fragrances, which may cause irritation. We don't add fragrance because that isn't traditional.

Does it contain harmful chemicals?

- Authentic small-batch brands like Ashe African Black Soap do not use chemicals or preservatives.

Where can I buy it?

- Available in health stores, natural beauty shops, and online. Choose reputable brands to avoid low-quality versions.

Is it vegan?

- It can be if made without animal products like honey or goat's milk. Check the ingredients.

Is it environmentally friendly?

- Small-batch producers like Ashe African Black Soap follow eco-friendly practices, ethically sourcing ingredients and using sustainable packaging.

CONCLUSION



African Black Soap is more than just a cleanser—it's a celebration of African heritage and natural beauty. Incorporate it into your skincare routine and experience the transformative power of this ancient secret.

Special Offer:

Get 10% off your next purchase! Simply post a video or picture of our product on your social media, tag us, and enjoy 10% off + free shipping on your next 330g purchase.