

Mare's milk SHAMPOO

A **healthy scalp** is the key to healthy, **shiny** hair. Consequently, a good **natural** shampoo **nurtures** not only the hair but the scalp as well. Our mare's milk shampoo **soothes** an irritated scalp, **reduces itching**, and helps **remove dandruff** and rash.

Addition of various clays makes shampoos suitable for **different hair types**: normal hair – white, greasy hair – red, sensitive hair – pink, and dry hair – green clay.

INSTRUCTION FOR USE: Apply the shampoo on wet hair, and massage the foam thoroughly into the scalp. Allow to act for a couple of minutes, and rinse with water. Initially, the wet hair will feel heavy. When dried, however, it will become soft and supple.

TIP FOR USE: The shampoo can also be used for washing your pets.



INGREDIENTS: coconut oil, mare's milk, palm oil, castor oil, almond oil, hemp oil olive oil, jojoba oil, distilled water, citric acid, clay (white, green, pink or red), vitamin D, essential oils: patchouli, orange, rosemary, tea tree and vetiver.

Mare's milk MOISTURIZING CREAM

Studies have shown that the mare's milk contained in the moisturizing cream **rejuvenates** the skin, restores its **elasticity** and **moisture**, and **reduces wrinkles** and **skin pigmentation**. It is beneficial for sensitive skin prone to inflammation; it soothes the skin, and helps it to regenerate. The cream is **nicely fragranced** with chamomile, sweet orange or lemon grass.

INSTRUCTION FOR USE: Apply the moisturizing cream on skin preferably washed with the mare's milk soap. Gently massage into the skin using a circular motion. The cream is readily absorbed and does not leave any greasy residue. It can be used on all body parts.

TIP FOR USE: The cream can also be used to soothe the skin after depilation, and in case of skin inflammation (acne...).



INGREDIENTS: mare's milk, almond oil, emulsifying wax, avocado oil, shea butter, stearic acid, vitamin E, cosgard preservative, essential oil chamomile, sweet orange, patchouli and lemongrass.

mare's
milk



Mare's milk and natural,
hand-made mare's milk cosmetics

LacMar d.o.o.
Kolodvorska 3, 1290 Grosuplje, Slovenia

www.equine-milk.eu
info@kobilje-mleko.si
+ 386 31 301 044

Mare's milk for CONSUMPTION and COSMETIC USE

MARE'S MILK

Mare's milk SOAP

Mare's milk is **new** on the market, whereas in Mongolia and in the southern regions of Russia it has been used daily for centuries. By 1960, there were about 50 health spas in the territory of the former Soviet Union using fresh and fermented mare's milk (koumiss) for various therapeutic purposes.

| Average value per 100 ml mare's milk | |
|--------------------------------------|------------------|
| Energy value | 196 kJ / 47 kcal |
| Fat | 1.0 g |
| Of which unsaturated | 0.5 g |
| Carbohydrate | 6.5 g |
| Of which sugars | 6.5 g |
| Protein | 1.5 g |
| Salt | 0.4 g |

Beneficial effects of mare's milk on the skin were widely known as early as in the ancient Egyptian Period, when **Cleopatra** used to take mare's milk baths. Cosmetic products with a high content of mare's milk are recommended for the use on sensitive skin prone to **dermatitis, inflammation (acne) and allergy**.

Experience with the use of mare's milk cosmetics and their testing results confirmed the following beneficial effects: improved skin **elasticity** and **moisture** levels, **strengthening** of the middle skin layer (dermis), and reduced visibility of skin blemishes and scars.

The entire product range is **of Slovenian origin**. The cosmetic products are **100% nature-based, hand-made**, free of any artificial flavour or dye, and **not animal-tested**.

*Regenerates body and inspires spirit.
(Lev Nikolayevich Tolstoy)*

Mare's milk is a completely natural food, recommended for the use with a varied and well-balanced diet promoting a **healthy lifestyle**. It is suitable for all age groups, from babies through to the elderly. It is **easy to digest** and may therefore be consumed with any meal of the day or between meals.

The mare's milk from our product range is a **safe** food-stuff of **Slovenian origin** with controlled **quality** and **traceability**. For mare's milk to preserve all of its active ingredients, it should be refrigerated immediately after milking, and promptly frozen while still fresh. It is commercialized **in the frozen form**.

INSTRUCTION FOR USE: Place a plastic bottle with frozen mare's milk into a warm water bath for 20-30 minutes to defrost. Shake the bottle occasionally while defrosting.

It is recommended to drink the milk immediately after defrosting, while still cold. Should this be inconvenient, the milk can be warmed up but its temperature should not exceed 40°C (104°F).

TIP FOR USE: Mare's milk can be enriched with various supplements. It is best combined with fruits, particularly bananas, strawberries and wild berries, with coconut flour as well as with decaffeinated coffee preparations.



Mare's milk soap is **natural and hand-made**, using the **cold process method** which ensures that the active ingredients of the milk are preserved in their natural form. The soap is gentle to the skin while cleansing it thoroughly.

The fats added to the soap have a **beneficial effect** on the skin. The soap's ingredients give the skin **suppleness** and **elasticity** while having an **anti-inflammatory** action. The soap is **pleasantly scented** with organic essential oil of lavender or lemon grass.

INSTRUCTION FOR USE: The soap should be used with water.

TIP FOR USE: The soap can be used instead of shaving foam. After shaving, the skin is left soft and soothed.



INGREDIENTS: palm oil, mare's milk, coconut oil, olive oil, cocoa butter, castor oil, shea butter, essential oil of lavender or lemon grass, white clay, stearic acid, beeswax, cocoa powder.