

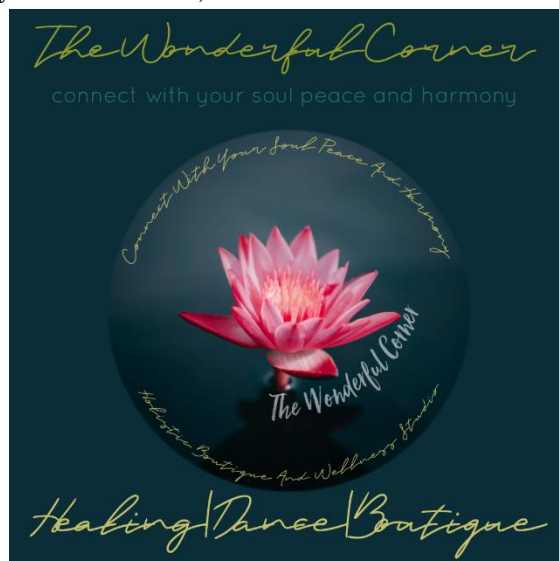
# ALUM STONE

## A GUIDE ON HOW AND WHY TO USE

An alum stone that's completely unpackaged and will last you for years at a time, but The Wonderful Corner share all the best tips and break down what an alum stone is actually made of and how it works the secret to making it effective! This mineral salt stone is quite versatile, try it for yourself and let us know what you think! We at The Wonderful Corner, introduce Alum Stone to Belize as a long lasting, natural and zero-waste deodorant for the first time in 2019.

### WHAT ON EARTH IS AN ALUM STONE?

Alum stones are a mineral salt in crystal form, made of a single ingredient: potassium alum. This is not the same chemical compound as the aluminum which is found in most conventional deodorants. Potassium alum has antimicrobial properties (which is a big part of why they work), and it has been used since antiquity.



Ancient Egyptians used it as a dye, as a mordant in textiles and for tanning. Beginning in medieval times, it was used in medicine as a styptic for minor wounds and cuts. It is still widely used in water treatment, medicine, cosmetics, and even in food (in baking soda and pickling). You can find it at pharmacies as a styptic pencil for first aid, at barbershops as an aftershave, and in cosmetics as an astringent. It has been used as a deodorant for a long time as well.

### HISTORY OF THE ALUM STONE

The history of alum stones is absolutely fascinating, and there's so many ways to use them. The alum stone is the original antiseptic aftershave which contains mineral salts that were originally used by the ancient Egyptians more than four thousand years ago for its healing and antiseptic properties.

In the middle ages this stone was used in the textile industry to apply coloured pigment to fabric. To this day, some fabric dyers and painters still make use of this stone to secure and anchor pigment.

In the seventeenth century a mix of alum stone and carbon was used to cover wooden houses creating a solid and impermeable layer. The stone also has many uses in medicine as it is a good and effective astringent and antiseptic.

Today the stone is most often used in cosmetics, like deodorant. It is a natural substance with many beneficial properties; it is antibacterial, healing, calming, and acts as antiperspirant.

### HOW TO USE AN ALUM STONE?

Wet the alum stone, rub very gently, and then leave to dry. You can use an alum stone as a deodorant, aftershave or astringent. Be sure to dry it off between uses and store it on a tray to keep it long-lasting. Be careful is extremely fragile.

As an aftershave treatment: If you are applying a moisturizer or aftershave balm, splash water on the face after you have applied the alum block, pat dry with a towel and then apply your aftershave balm or moisturizer.

Everyone's skin is different, if you are using it for the very first time as deodorant, make sure to be patient with your body, it may take 2-3 weeks to make the transition. It is important to apply several times per day at the beginning, each time you must wash and clean your armpits before applying, specially on warm hot days,

this is due to your body is getting adjusted to the natural deodorant. In time you will notice that you will be applying it less.

Please make sure to take care of your skin by applying gently, due to the raw unpolished stone surface may cause minor cuts if you press hard over the skin, specially on sensitive areas after shaving.

Here's our best tips and tricks for each use:

### ***Deodorant***

To apply as deodorant, simply wet the top of the alum stone and rub it onto your skin very softly as you would any deodorant. Smooth it onto your underarm area until most of the water is absorbed, to create an invisible salt layer. *The secret to making the crystal deodorant effective is to make sure you're applying to clean skin!* Before you apply, make sure you've either showered, shaved, or simply cleansed the underarm area with a little soap and/or hot water. Any of these will work, but the idea is to make sure you have no odor to begin with. The alum stone won't hide odor that's already there, but it can prevent any from appearing on clean skin! If you find it easier, you can also apply your alum stone the night before and in our experience, it lasts through to the next evening.

You may experience a detox period if you're switching from traditional deodorant. Give your body a few weeks to adjust to the difference and you should see it start to work. A lot of our customers say it makes their skin feel super silky and soft after use. An added benefit of its toning properties!

### ***Aftershave***

Many people like to use the alum stone on their face after a shave because of its toning and astringent properties. It is also antiseptic, meaning it can help soothe any razor bumps, razor burn or redness. To use your alum stone as an aftershave, wet the top of the stone and apply to your skin directly after you shave. Rub the stone around until most of the moisture is absorbed.

If you want to apply an aftershave balm or facial moisturizer as well, splash some water on your face after using the alum stone and then follow it with your moisturizer or aftershave.

To use it to stop bleeding, wet the top and rub over the cut until it dries, and it should stop bleeding almost right away. It can sting a bit since it's a salt, but that means it's working.

You can also use this after a bikini wax or sugar wax because it calms the skin, protects against infection and should soothe any inflammation or bumps that can occur. It can have a light stinging because it is a salt, so try this with care.

### ***Astringent***

The alum stone can be a great spot treatment for oily complexions and acne prone skin. It's an astringent, which means you can use it to dry out problem areas or just tone and tighten your skin. Simply wet the top and apply to affected areas.

You can do this at night, or in the morning but do note that it can be drying on some skin types. Be careful to not over-use this treatment as it can dry out your skin or throw your natural oils out of balance. A couple of times a week should be fine.

### ***Athlete's foot***

Alum powder is probably the home remedy to deal with athlete's foot. Include 2-3 tbsp (powder) or 1oz (unit) of alum stone in warm water and soak the feet in water until the water remains hot or warm. Soak for at least 20 minutes. Dry the feet and don't wear any synthetic fabrics up until the athlete's foot is cured.

Continue doing this daily to reduce athlete's foot rapidly.

## HOW DOES IT WORK?

Unlike other deodorants, alum stones don't cover up body odor with fragrances or perfumes. Instead, the salt works to stop odor-producing bacteria from ever forming in the first place.

As a mineral salt, it is naturally antimicrobial and antiseptic, which allows it to fight bacteria. Think of it as a layer of salt that sits on the surface of your skin and keeps odor at bay. It leaves zero scent on the skin and it's hypoallergenic which is great for sensitive skin. Plus, it's a clear salt, so there's no white streaks!

As an aftershave, it tones and firms the skin and it also stops any bleeding from nicks or cuts. It is a styptic, meaning it tightens tissue and helps blood to clot, so you can use it on your face, legs, or anywhere else you have a cut. It's popular for use after shaving, but we also like to keep one in our first aid kit to treat small cuts and abrasions as well.

## IS IT SAFE?

Yes, alum stones are a safe and effective natural deodorant. It is important to note that they are made of potassium alum which is a different chemical compound than the aluminum found in conventional deodorants, and they do not possess the same health risks. Regular antiperspirant deodorants usually contain either aluminum chloride, chlorohydrate or zirconium, all of which have health concerns. *Potassium alum* on the other hand is a mineral salt with a large molecular structure that sits on the surface of your skin rather than being absorbed. It is not a heavy metal and has not been linked to breast cancer or alzheimers.

Alum stones differ from antiperspirants in that they are not thought to disrupt the microbiome of your skin. Also, the aluminum found in conventional deodorants is thought to be an endocrine disruptor which causes all kinds of hormonal problems and health risks. Yet another reason you might want to make the switch to a natural crystal deodorant.

The beauty of a crystal deodorant is that it's free from all the additives and ingredients that usually cause irritation, like parabens, phthalates, artificial fragrances and dyes. It is safe for sensitive skin and free of toxins.

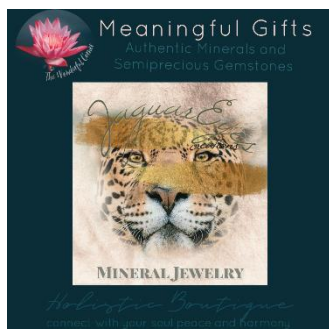
## HOW LONG DOES IT LAST?

As a deodorant, each stone will last you for years! The idea is to rub it on your skin until most of the water is absorbed into the salt, so the more you apply the better. For example, 3oz unit after a year of use it barely looks different at all, the top will be definitely gotten flatter so you know it's not magic. As an aftershave, it depends how often you use it but probably around the same.

You can use your stone until it's too small to hold.

## STORING THE ALUM BLOCK

After use, clean the alum block with water, dry it off and store in a dry place where air circulates. If you allow the block to remain moist or exposed to moisture it will simply dissolve. In case you own one that came in a plastic case, dry the alum before storing it in the case.



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