

■ How long before we see the result?

Improvement in general should be visible within one month, but the change is slower and subtle.

■ How long should I continue?

This is not a temporary programme but rather a change of perceptions and habits. With all the resources and supports, we believe it is possible to make it a lasting positive habit that has the power to change more than just your skin.

■ Should I quit 100% commercial products?

It is possible to stay away completely from commercial products and use only homemade products, and this is ideal. However we are also aware that this option maybe difficult for many. With informed choices we can minimise the use of chemicals tremendously and there is a small but growing list of healthier options if you need to use commercial products.

■ Are there any brands I can safely use?

There are reliable resources that approve safe products and jojo-moka continuously is updating the list of trust-worthy brands, although we still find it the best to home-make as many products as possible.

Any other question? Write to us: hello@jojomoka.net