



Lady From the Mountain Trauma-Free Face & Body Tallow is sourced and handmade by the lady herself from the pristine Free State Highlands. The tallow is obtained from our own 100% free range, antibiotic free, poison free, hormone free, vaccine free and trauma free Nguni herd.

The tallow is prepared over a period of three days, during which it is triple purified at a leisurely pace in a household powered by the sun.

It is then carefully blended with Helichrysum african immortelle which is delicately handpicked from the unspoilt slopes above 2000m and distilled with patience and a watchful gaze at our home.

Hexane-free castor oil is added to aid in a smoother application.

The loving product of this slow, mindful process, is a Face & Body Tallow without equal that will nurture your skin with the same care it was made with.

Lady from the Mountain Face & Body Tallow:

50ml - R150

100ml - R250

200ml - R350



More about Lady From the Mountain Trauma Free Face & Body Tallow:

The Herd and the Environment

The cattle from which this tallow has been harvested, roam freely in a game reserve in the pristine North Eastern Free State highlands, grazing upon highland savanna and in fertile valleys surrounded by white, pink and yellow sandstone cliffs. They are a relatively small herd of about 50 head, with an intricate matriarchal social structure, forming strong social bonds within whimsically varying cliques. Some are more fierce, to keep the cats and jackals at bay, while others have the gentle patience to be the creche ladies, minding playgroups of 3 to 8 young calves. They sleep where they choose to, graze where they choose to and are never forced into camp management systems. When a cow feels her time to calve has come, she separates from the herd and finds a secluded space where she does so in her own time, returning to the herd a few days later to introduce the newling.

The summers are cool to warm and the winters are cool to very cold at this elevation of 2000m – an ideal environment for this sort of farming practice: it rarely gets too wet, and the intense winter cold kills off many pests that challenge cattle farmers in other areas.

The Witkoppen Nguni herd share their exceptionally bio-diverse habitat with a great variety of life: zebra, springbok, black wildebeest, blesbok, red hartebeest, duiker, klipspringer, lechwe, jackal, aardvark, porcupine, caracal, hyrax, aardwolf, otter, serval, mongoose, meerkat, bats, a variety of eagles, falcons and vultures as well as many other smaller bird species and other animals. The floral diversity in this savanna is also particularly extensive. Due to the reserve's isolation and high altitude, the water that runs through it comes first from the rains and needn't pass through any industrial or chemically managed agricultural enterprises.

The Witkoppen Nguni herd are never dipped for ticks and fleas, are never inoculated against any disease, do not receive any growth hormones and are never treated with antibiotics. In the rare event of disease, they are left to either survive, or to pass on the reserve (the cattle mortality rate on the farm averages 0.5% per year since 2018, compared to the national average of 3%, which is also the figure for the hyper vigilant, medicated agricultural average of the greater surrounding area). Although these practices are, to say the least, alien to modern cattle production practices, the method in this madness is to breed for strength. Nguni cattle have been roaming the African continent for thousands of years. They have survived on this continent for millennia without any help from pharmaceutical doses or additives. They are an exceptionally hardy breed and have the ability to survive things that would kill most of the breeds that have become the standard for South African, market oriented cattle farming. Not only have Nguni cattle been bred for resistance to disease, they have also retained much of the innate knowledge of wild animals as to how to self medicate. The great variety of flora, in particular the diversity of grass types and veld flowers found on the game reserve, enable these animals to practise secrets of self medication humans are yet to learn about. We spend much quiet time with the herd in the veld, and have noticed how an individual would walk with intention to a very particular shrub or flower to nibble just a few bites, before moving on, such as the *Helichrysum africanum* that we have distilled to add to your Face & Body Tallow.

The Process

Global modern food production has, especially in recent decades, adapted to maximize output and minimize input. The end product is sold by weight, and weight is the main driver of food production economics. This leads to a situation where the maximum weight needs to be added to the produce, regardless of nutritional value and in the absence of any special recognition of the quality of life of the living organisms the products are harvested from.

Due to the financial incentives of being able to sell things, modern health tends to focus on what should be added, often overlooking what should be subtracted. A great many health problems can be addressed by cutting out things that cause poor health. In this regard, the Witkoppen Nguni Herd presents consumers with the opportunity to avoid the hormones, anti-biotics, vaccines and harmful chemicals that have become par for the course to feed 8 billion people.

Last, but not least, is the trauma-free label we put to our herd. While the great expanse of South African rural settings afford a generally peaceful and pleasant life for livestock, the vast majority of these animals unfortunately do not meet their end in similar peace. The process usually goes as follows: the majority of South African cattle get separated from their mothers at 6-7 months. They are then loaded (with difficulty and much physical persuasion) en masse onto large cattle trailers and transported in an extremely traumatic journey for anything between a few kilometres to a few hundred kilometres to a feeding lot, where they are vaccinated, dosed, dipped and fed hormones and stimulants in order to gain as much weight in as little time as possible.

When the time comes to be slaughtered, they are taken to the abattoir, where they wait in long lines for their turn. To any keen observer it will be very obvious that these sentient animals are well aware of the unavoidable death that awaits at the end of the line. Once killed, it is common practice to pass high voltage (600 – 3600volts) electricity through the carcass to soften the meat, 'improve colour' and reduce ageing time. We are of the opinion that this alters the vibration of the meat and fat and that it spoils the stored experience and lifeforce (for that is what meat is) that has taken years of tranquility and pristine nature to establish. This is what we define as trauma.

And it is this trauma we strive to avoid with Witkoppen Nguni Herd.

One of the end products is what you now see before you, Lady From the Mountain Trauma-Free Face & Body Tallow. We hope that in using this tallow, you may also notice a shift of consciousness; a shift that is only possible when you have replaced the trauma, chemicals, hormones and antibiotics that you have come to regard as 'normal' in your products, with respect, abundance and serenity.