

## A.

### Allantoin

Derived from Comfrey roots it soothes, promotes healing, protects and softens the skin and stimulates the growth of healthy tissue. Excellent for oily and acne-prone skin.

### Aloe Vera (Barbadensis Leaf Juice)

Contains antiseptic and healing properties to alleviate conditions such as eczema, sunburn, cuts and acne and minimises scar tissue from wounds, etc.

### Alpha-isomethyl Ionone

A component of Frangipani Absolute.

### Apricot Kernel Oil (Prunus Armeniaca)

A very mild nourishing and lubricating oil tolerated by almost everyone especially those with sensitive, inflamed, dry or aging skin. It is easily absorbed by the skin leaving it smooth and supple.

### Avocado Oil (Persea Gratissima)

Rich in vitamins A, D and E, it is good for skin that's dry, tired and lacking lustre and also for irritated and damaged skin

## B.

### Beeswax

A natural wax produced in the bee hive of honey bees, it is absorbed slowly by the skin, giving maximum protection and is good for the repair of irritated skin.

### Betaine (Cocamidopropyl Betaine)

Is a surfactant derived from coconut oil and is used in shampoos and soaps.

### Benzyl Alcohol

It is a naturally occurring constituent of some essential oils.

### Benzyl Salicylate

Occurs naturally in some essential oils

### Bladderwrack Extract (Seaweed) {Fucus Vesiculosus}

Bladderwrack extract is derived from seaweed. It is anti-inflammatory and has antioxidant and moisturizing properties. Also used in treatment of cellulite.

### Borage Seed Oil (Borago Officinalis)

Contains skin rejuvenating properties and is excellent for problem and mature dry skin. Helps in repairing damaged skin.

## C.

### Camelina Seed Oil (Camelina Sativa Seed Oil)

Known as Gold of Pleasure Camelina oil contains exceptionally high levels of Vitamin E, omega 3 fatty acids (up to 42%) It is also rich in omega 3 and 6 which aid in shrinking pores. It has excellent emollient, anti-inflammatory, hydrating and moisturising properties. The high levels of linoleic acid improves skin's elasticity therefore the oil is good for dry, irritated and mature skin. It is a dry oil suitable for oily skin.

### Castor Seed Oil (Ricinus Communis)

A lubricating oil used in cleansing products as it has the ability to draw dirt to itself. Also used as a laxative.

### Cetyl Alcohol

Derived from Palm Oil Fatty Acids. Used to stabilise emulsions and makes skin soft and smooth.

### Chamomile Oil (Chamomilla Recutita (Matricaria) Flower Extract)

Derived from the German chamomile flower, it is an anti-inflammatory emollient used in treating skin problems providing soothing, calming and cleansing action useful for burns, dermatitis, eczema, rashes, wounds and hypersensitive skin problems. Also used for dry, itchy skin and puffiness. Smoothes out broken capillaries improving elasticity and tissue strength.

### Citral

Naturally occurs in citrus essential oils eg. lemons, orange and mandarin.

### Citric Acid

It is a naturally occurring constituent of some essential oils

### Citronellol

Occurs in small quantities in essential oils

### Cocoa Seed Butter (Theobroma Cacao)

Pure edible vegetable fat extracted from the cocoa beans. It is especially good for dry skin and it nourishes, softens, soothes and protects the skin.

### Coconut Oil (Cocos Nucifera)

Obtained from the fruit of the coconut palm, it contains Vitamin E and A for healing and soothing and is a natural antioxidant and emollient.

### Comfrey Extract (Symphytum Officinale Root Extract)

Comfrey roots contain Allantoin, a powerful soothing agent that promotes the growth of new skin cells. It is abundant in proteins and vitamins A and C which have antioxidant properties that protects the body from the damaging effects of free radicals. *Pregnant and nursing mothers should seek professional advice before using products containing Comfrey.*

### Coumarin

It is a naturally occurring constituent of some essential oils.

## E.

### Echium Seed oil (Echium Plantagineum Seed Oil)

Rich in omega 3 and 6 fatty acids, Echium oil is anti-inflammatory, antioxidant and is an excellent emollient for dry and ageing skin. It contains between 12 and 14% Stearidonic Acid which reduces skin inflammation.

### Eugenol

Occurs naturally in some essential oils.

## F.

### Farnesol

It is a naturally occurring constituent of some essential oils.

### Frangipani Flower Extract (Plumeria Rubra)

A rich, heady exotic oil used in perfumery. Has anti-inflammatory, antioxidant and skin refreshing properties.

## G.

### Geraniol

Occurs in small quantities in essential oils.

### Geranium Flower Water (Inci : Pelargonium Graveolens Flower Water)

Geranium floral water has a balancing act on the hormones. This makes it ideal for use on skin which is affected by hormonal conditions such as acne. It will help to dry oily patches of the skin and encourage dry patches to improve normal oil secretion of the skin. The floral water can also be used as a natural make up remover. Has antiseptic and healing properties. It brightens the complexion and stimulates blood circulation. Also has astringent and tonic properties, making it an excellent normaliser for oily skin.

### Ginseng Root Extract {Acanthopanax Senticosus (Eleuthero)}

Siberian Ginseng Extract is a naturally derived, skin-tightening ingredient that can help to physically 'lift' sagging skin, reducing the appearance of fine lines and wrinkles.

### Glyceryl Stearate (Glyceryl Stearate SE)

Emulsifier (smoothener and softener) derived from glycerin, vegetable oils especially sunflower plants and palm oil. It contains potassium, an essential mineral that promotes healthy skin.

### Green Tea Leaf Extract (Camellia Sinensis)

Green tea has anti-inflammatory, antioxidant and astringent properties. Topical use of green tea helps to promote the health and quantity of collagen thereby maintaining a firm and elastic skin. *Use with caution if breastfeeding.*

## H.

### Hydroxycitronellal

It is a naturally occurring constituent of some essential oils.

## J.

### Ethylhexylglycerin

Preservative Enhancer derived from natural glycerine.

### Lactic Acid

Lactic acid is an Alpha Hydroxy Acid (AHA) with rich moisturizing attributes used in rejuvenation products and is considered to be a gentle yet very effective anti-aging treatment, diminishing fine lines and wrinkles.

### Frankincense oil (Boswellia Carterii Oil)

Frankincense is a non-irritating oil with rich, woody, sweet aroma. It has balancing and skin toning properties. It is excellent for dry, aging skin and helps in reducing scar tissue.

## K.

### Kaolin (White Clay)

Has excellent absorbent qualities therefore is able to draw out impurities and toxins and thereby clearing the skin of excess oil, dirt, pollutions and other waste materials. Helps in toning the skin.

## L.

### Lauryl Glucoside

Lauryl Glucoside is a mild surfactant and detergent made from coconut oil (or other vegetable sources) and sugar.

### Lavender Oil (Lavandula Angustifolia)

Great floral aroma. Good for all skin types including mature, sunburnt, irritated and acne-prone skin.

### Lemon Peel Oil (Citrus Medica Limonum)

Has astringent, antiseptic and non-irritating properties. It helps ease infection and relieve pain.

### Lime Oil (Citrus Aurantifolia)

Has astringent, antiseptic and non-irritating properties. It helps ease infection and relieve pain. Good for oily skin types and may reduce wrinkles or scarring.

### Limonene

Occurs naturally in essential oils such as Lemon.

### Linalool

Occurs naturally in essential oils such as Lavender.

## M.

### Macadamia Nut Oil (Macadamia Ternifolia Seed Oil)

A vegetable oil pressed from the nuts of the Macadamia Ternifolia tree. It is good for dry and mature skin as it helps restore elasticity.

## O.

### Olive Fruit Oil (Olea Europaea)

Olive oil is high in antioxidants, including vitamin E. Antioxidants are nutritional powerhouses that protect the skin against age-accelerating free radicals.

## P.

### Phenoxyethanol

An anti-bacterial preservative which has been approved by the UK Soil Association for use as a preservative in organic beauty products

### Potassium Sorbate

Very mild food grade preservative derived from natural fatty acid.

## R.

### Rice Bran Oil (Oryza Sativa)

Has mild skin softening properties. It carries a good source of omega 6 essential fatty acids and antioxidants which provide protection against pre-mature ageing and sun damage by absorbing UV rays.

#### **Rooibos Tea (Red Tea) {Aspalathus Linearis Leaf Extract}**

Contains Alpha Hydroxy Acid and Zinc. Used in South Africa where it is grown, to alleviate skin minor problems such as acne, eczema, sunburns, itchy rashes, allergic reactions and general irritations. It is rich in anti-oxidant and anti-inflammatory properties.

#### **Rose Geranium flower oil (Pelargonium Graveolens Flower Oil)**

Geranium is a wonderful oil for mature and troubled skin care and helps to bring out a radiant glow. It has anti-inflammatory, astringent and skin toning properties.

#### **Rose Water (Inci : Rosa Damascena Flower Water)**

The natural rose water is used to treat acne and skin irritation. It has astringent properties which help regulate sebum secretion and aids in preventing the appearance of wrinkles and lines. It balances skin pH level and has anti-aging and rejuvenating effects.

#### **Rosehip Oil (Rosa Rubiginosa Seed Oil)**

Contains up to 80% essential fatty acids and is considered to be a powerful antioxidant rich in Beta Carotene and Lycopene thereby earning itself a reputation for excellent benefits for the skin. It is used for treatment of acne and other skin problems and it helps in cell regeneration. It is excellent for reducing the appearance of wrinkles and age spots and may also help with prevention of stretch marks during pregnancy. An excellent treatment for dry irritated skin and also eczema and sunburn.

#### **Roman Chamomile oil (Anthemis Nobilis Flower Oil)**

Has healing and rejuvenating properties and stimulates tissue repair.

#### **Rosemary oil {Rosmarinus Officinalis (Rosemary) Leaf Extract}**

Has tonic, astringent and stimulant properties as well as reducing skin fragility while boosting the skin. It increases circulation and contains powerful antioxidants which have anti-ageing properties as they reduce the damage caused by free radicals. *Pregnant and nursing mothers or those allergic to Rosemary should seek advice before using products containing Rosemary Oil.*

#### **Rosewood Wood Oil (Aniba Rosaedora)**

Has a sweet, woody, fruity and floral aroma. It is good for acne, dry and dull skin, oily skin, sensitive skin and stretch marks.

## **S.**

#### **Safflower Seed Oil/Thistle Oil (Carthamus Tinctorius)**

Safflower (Thistle) oil is made from the seeds of the thistle-like safflower plant, native to Mediterranean countries. It contains a high amount of linoleic acid, a natural moisturizing agent. Linoleic acid is an essential fatty acid found in plants, fish oil, meat and dairy products. It is a necessary nutrient and helps maintain elasticity in the skin by removing flaky, dry skin and enabling the skin to retain moisture. It does not clog the pores, making it suitable for sensitive skin.

#### **Sea Buckthorn seed Extract (Hippophae Rhamnoides)**

Sea Buckthorn oil contains substantial amounts of vitamin E, C, Beta-carotene and essential fatty acids 3, 6, 7 and 9 and is exceptionally rich in palmitoleic acid (omega 7). These nutrients are considered the most potent anti-oxidative agents. Sea Buckthorn oil effectively helps combat symptoms of malnourished or prematurely aging skin. It is also taken as a dietary supplement.

#### **Shea Butter (Butyrospermum Parkii)**

Good for stretch marks eg. during pregnancy. Has a SPF2-3. Extremely effective in the treatment of dry skin and related skin problems such as eczema. It has anti-bacterial and anti-inflammatory properties and protects the skin from drying out and from the effects of the sun.

#### **Siberian Ginseng (Eleutherococcus Senticosus Root Extract)**

Siberian Ginseng Extract is a naturally derived, skin-tightening ingredient that can help to physically 'lift' sagging skin, reducing the appearance of fine lines and wrinkles.

#### **Sodium Hyaluronate**

Helps skin bring and absorb more water more effectively thereby reducing water loss. When applied topically to the skin it can reach deep down into the dermis to combine with, maintain and attract water as well as to promote nutrient absorption and maintain normal metabolism, resulting in a smoother and softer skin with decreased wrinkles and an all-around fuller appearance. Excellent for treating dry and scaly skin. *Pregnant or nursing mothers should seek professional advice before using products with this ingredient.*

#### **Sodium Lactate**

Sodium lactate is produced by the natural fermentation of the sugars from corn or beets. It is produced naturally in foods such as cheese and yogurt. It supplements the skin's own naturally occurring sodium lactate in order to provide additional moisturizing and skin conditioning, especially under dry conditions. It's a humectant and pH control agent.

#### **Sodium PCA**

Occurs naturally in human skin and is responsible for binding moisture to the cells. Highly water-absorbent, holding several times its weight in water, which makes it an excellent humectant.

### **Sodium Stearoyl Lactylate**

A food-grade biodegradable emulsifier derived from Coconut oil and Palm Kernel oil (Lactic and Stearic Acids).

### **Squalane**

Squalane is derived from Olive Oil and has molecular structure similar to Vitamin A. It is absorbed quickly by the skin. It increases the spreadability of vegetable oils and fats on the skin.

### **Sunflower Seed Oil (Helianthus Annuus)**

An oil rich in oleic acids with high amounts of Vitamins A, D, and E also has beneficial amounts of lecithin and unsaturated fatty acids. Deeply nourishing and conditioning for the skin and it is excellent for dry, weathered, aged and damaged skin.

### **Sweet Almond Oil (Prunus Amygdalus Dulcis)**

Has excellent emollient properties which help the skin to balance water loss and absorption of moisture.

## **T.**

### **Thistle Oil/Safflower Seed Oil (Carthamus Tinctorius)**

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## **U.**

### **Urea**

Urea reduces the amount of water lost through skin's epidermis or outermost layer. Due to its water-binding ability, urea is an effective moisturizer and humectant, drawing moisture to the skin and hydrating dry areas. It is a natural moisturizing factor (NMF) that appears in skin's outer layer. It's used to help dry skin conditions like eczema and psoriasis.

## **V.**

### **Vegetable Glycerin (Glycerin)**

Glycerin is a natural emollient and humectant derived from vegetable oils obtained by saponification of fats and oils. It is a by-product in soap making.

### **Vitamin A (Retinyl Palmitate)**

Vitamin A has been found to give the look of firmer skin. This smoothes away the appearance of fine lines and wrinkles and reduces the signs of sun damaged skin. It also helps to reduce skin dryness and flaking, giving the skin a healthy look.

### **Vitamin C (Ascorbyl Palmitate)**

Ascorbyl Palmitate is an ester formed from ascorbic acid and Palmitic Acid creating a fat-soluble form of vitamin C. Plant derived, Vitamin C is a required component in the production of the collagen protein, which is the body's natural defence against the appearance of lines and wrinkles. It is a valuable antioxidant that helps to protect against photo damage, which is created by UV rays.

### **Vitamin E (Tocopherol)**

Vitamin E is the most abundant fat-soluble antioxidant in the body and is the primary defender against oxidation thereby helping in healing cracks and sores in the skin and will remove scars with regular use over a longer period of time. It also helps in the prevention of wrinkles, stimulates the blood circulation and regulates the skin's elasticity.

## **W.**

### **Wheat Germ Protein (Triticum Vulgare (Wheat) Germ Protein)**

High in Vitamins, Proteins and Minerals with large quantities of Vitamin E, Wheat germ oil is a wonderful emollient, acting as a barrier and healing agent to prevent dryness. *Wheatgerm should not be used by those with wheat or gluten allergies, either externally or internally.*

### **Witch Hazel Flower Water (Hamamelis Virginiana Flower Water)**

Has a very rustic odour reminiscent of hay and grass and with a light note of mint. Witch Hazel is naturally rich in active principles and is well-known for its tonic, astringent and purifying qualities. It is recommended for acne-prone, very dry and sensitive skins. It has powerful anti-inflammatory properties and is considered one of the most useful waters in the fight against signs of aging.

## **X.**

### **Xanthan Gum**

Used to stabilize and bind cosmetic products. It is used as substitute in gluten-free baking.

**Y.**

**Yeast Extract**

Derived from yeast this extract is an excellent humectant (draws moisture from the air and helps the retention of moisture).

**Ylang Ylang Oil (Flower of flowers) {Cananga Odorata Flower Oil}**

Has sweet floral aroma and is beneficial for acne, irritated and oily skin and as a hair rinse.