

## Glossary of Ingredients

**Ingredients are listed in the glossary according to their common name. In brackets [ ] you will find synonyms for their common names and for herbs, the Latin name will be in italics. There is a definition of terms at the end of this document.**

**Alanine:** see Amino Acids.

**Allantoin:** [*Symphytum officinalis*] This anti-inflammatory extract from comfrey accelerates wound healing and stimulates skin cell growth. A keratolytic agent (encourages the removal of dead skin cells and softens the tissue) that is used to soothe skin and to promote healing in minor cuts, burns, and sunburns.

**Almond Meal:** [*Prunus amygdalus dulcis*, *Prunus Amygdalus Dulcis* (Sweet Almond) Seed Meal] A fine powder made by grinding the shell of sweet almonds that is used in scrubs for gentle exfoliation and to cleanse and purify skin.

**Almond Oil:** [*Prunus amygdalus dulcis*, *Prunus Amygdalus Dulcis* (Sweet Almond) Oil] An oil extracted from the ripe almond that serves as an emollient and as a carrier. This superb moisturizer contains oleic and linoleic fatty acids to nourish the skin and is especially beneficial for dry skin.

**Aloe Vera (Gel, Extract, or Powder):** [*Aloe vera*, *Aloe Barbadosensis* Leaf Extract] One of the most well-known herbal remedies, this extract from the leaves of the Aloe Vera plant soothes and protects skin. It relieves pain and promotes healing by dilating capillaries, increasing circulation to a wound or burn, and modulating the inflammatory response.

**Alpha Lipoic Acid:** [Thioctic Acid] An excellent “universal” antioxidant that is soluble in both oil and water and is found naturally in the body.

**Aluminum Oxide:** [Alumina] A stable, non-absorbable crystalline material used as an abrasive in microdermabrasion treatments. It exfoliates the skin and absorbs surface oils.

**Amino Acids:** Amino acids are the building blocks that combine to form proteins. Topically, amino acids help support proteins such as collagen and elastin in the skin and may help with a variety of skin conditions.

**Ammonium Lauryl Sulfate:** A mild cleansing agent and surfactant derived from natural coconut oils.

**Annatto:** [*Bixa orellana*] An extract from a South American shrub that is used as a natural coloring agent.

**Apricot Oil (Apricot Kernel Oil):** [*Prunus armeniaca*, *Prunus Armeniaca* (Apricot) Kernel Oil] Extracted from the apricot kernel, this moisturizing oil is rich in linoleic and oleic essential fatty acids and penetrates the skin easily.

**Apricot Shell:** [*Prunus armeniaca*, *Prunus Armeniaca* (Apricot) Seed Powder] Finely ground pieces of the apricot seed shell are used as a gentle exfoliant in scrubs.

**Argireline® (Acetyl Hexapeptide-3):** A patented hexapeptide that relaxes facial muscles to help smooth out wrinkles.

**Aristoflex®:** A proprietary aqueous gelling agent.

**Arnica Extract:** [*Arnica Montana*, *Arnica Montana* Flower Extract] This soothing anti-inflammatory oil is obtained from the flower heads of a wild mountain daisy and is used externally to treat swelling and bruising as well as skin disorders.

**Arrowroot:** [*Maranta arundinacea*, *Maranta Arundinacea* Root Extract] A fine powder from the plant tubers that softens the skin and absorbs moisture. It was originally used by indigenous people in South America to heal the wounds caused by poison arrows.

**Ascorbyl Palmitate (C-Ester):** An ester of ascorbic acid (Vitamin C), a water-soluble antioxidant that protects skin from free radical damage and recycles other antioxidants such as vitamin E. Vitamin C is essential for collagen production and may even stimulate collagen growth. Vitamin C is also used as a preservative.

**Astaxanthin:** This extremely powerful antioxidant gives salmon and flamingos their characteristic pink color. Some studies report that astaxanthin is 500 times as powerful as vitamin E. This carotenoid is also being studied for its ability to protect against UV-induced damage. derma e® uses astaxanthin harvested from microalgae.

**Avocado Oil:** [*Persea gratissima*, Persea Gratissima (Avocado) Oil] This soothing, nourishing oil from the seed and pulp of the fruit is rich in proteins and vitamins A, D, and E. Avocado oil softens and conditions the scalp and skin and is often used to treat dry skin.

**Bay Leaf Oil:** [*Laurus nobilis*, Laurus Nobilis Oil] The oil extracted from the leaves of the Mediterranean bay laurel tree is a skin tonic and local antiseptic.

**Bearberry Extract:** [*Arctostaphylos uva-ursi*, Arctostaphylos Uva Ursi Leaf Extract] This herbal extract from the leaves of a close relative of the cranberry and blueberry is a powerful astringent with high tannin content and antimicrobial properties.

**Beeswax:** The wax obtained from the honeycomb of the bee *Apis mellifera* is used as a thickener and emulsifier. Beeswax is also a moisturizing ingredient credited with anti-inflammatory properties.

**Bentonite Clay:** [Bentonite] This white clay cleanses skin and absorbs oil and is excellent for helping to refine pores.

**Berberis aquifolium Extract:** [*Berberis aquifolium*, Berberis Aquifolium Extract, Oregon Mountain Grape] This herbal extract from the rhizome and root of the Oregon Mountain Grape is used to treat skin conditions such as psoriasis and eczema. Berberine, one of the active components in this herb, demonstrates antimicrobial and anti-inflammatory activity.

**Bilberry Extract:** [*Vaccinium myrtillus*, Vaccinium Myrtillus Extract] This fruit is full of antioxidants that promote healthy circulation and protect capillaries against free radical damage. An astringent and a tonic that is used to treat bruises, wounds, and inflammation.

**Borage Oil:** [*Borago officinalis*, Borago Officinalis Seed Extract] The moisturizing oil from the seeds is a source of gamma-linolenic acid (GLA), an omega-6 fatty acid. Borage oil acts as an astringent and has anti-inflammatory properties. It can be used to treat skin inflammations, wounds, and dermatitis.

**Botanisil:** Derived from silica, this ingredient is used to moisturize and protect skin. It contributes a degree of water repellency and leaves a soft, smooth feeling.

**Burdock Extract:** [*Arctium lappa*, Arctium Lappa Root Extract] A valuable herb whose roots contain phytochemicals that destroy certain bacteria and fungi and have antiseptic properties. Burdock can be used to treat wounds, acne, dermatitis, and eczema.

**Calendula Extract:** [*Calendula officinalis*, Calendula Officinalis Flower Oil, Marigold] The phytochemicals in the flower fight fungi, bacteria, viruses, and inflammation. Calendula can be used to treat cuts, scrapes, bruises, and minor wounds and burns.

**Caprylic Acid:** A cleansing agent.

**Caprylic or Capric Triglyceride:** [Caprylic/Capric Triglyceride] An emollient.

**Carbomer 940:** [Carbomer] An ingredient used to thicken and stabilize products.

**Ceteareth 20:** A cleansing agent and emulsifier.

**Cetearyl Alcohol:** This fatty alcohol produced from plant oils and natural waxes is used as an emulsifier, emollient, thickener, and carrying agent. It is not a drying alcohol.

**Cetearyl Glucoside:** An emulsifier.

**Cetyl Alcohol:** This fatty alcohol produced from palm oil is used as an emollient, emulsifier, thickener, and carrying agent. It is not a drying alcohol.

**Cetyl Hydroxyethylcellulose:** An emulsifier and stabilizer.

**Chamomile Extract:** [*Matricaria recutita*, Chamomilla Recutita (Matricaria) Flower Extract] These delicate flowers resemble daisies and have a broad range of therapeutic properties including anti-inflammatory, anti-bacterial, and antiseptic functions. Chamomile can be used to treat acne and to soothe and heal irritated skin.

**Champaca Absolute:** [*Michelia Champaca* Flower Extract] The essential oil from this tropical evergreen promotes relaxation and a sense of peace.

**Chickweed Herb Extract:** [*Stellaria media*, Stellaria Media (Chickweed) Extract] A common plant with tiny white flowers. Compounds in this healing herb relieve itching, promote healing, and help to restore skin health. Chickweed is used as an anti-inflammatory, cooling remedy.

**Chinese Golden Thread Extract:** [*Coptis chinensis*, Coptis Chinensis Root Extract] An anti-inflammatory, antibacterial, antiviral herb from the roots of the plant that helps stimulate the immune system and functions as an antioxidant.

**Citric Acid:** This is one type of alpha hydroxy acid from lemons and oranges that cleans and conditions skin. This extract from citrus fruits is also used to prevent color, texture, or appearance change in cosmetics and to naturally adjust pH.

**Citricidal®:** [*Citrus Grandis* (Grapefruit) Fruit Extract] This anti-fungal extract from grapefruit is used as a natural preservative.

**Clove Oil:** [*Eugenia caryophyllus*, Eugenia Caryophyllus (Clove) Flower Oil] Extracted from the buds, clove oil anesthetizes, fights bacteria, fungi, and viruses, and protects against free radical oxidation. It can be used to treat sores and to relieve itching.

**Cocamide DEA:** A fatty acid of coconut oil that is used as a thickener and foaming agent.

**Cocamidopropyl Betaine:** A cleansing agent and foam booster derived from coconut oil.

**Cocoa Butter:** [*Theobroma cacao*, Theobroma Cacao (Cocoa) Seed Butter] A solid fat extracted from cocoa beans that softens and lubricates the skin.

**Cocobetaine:** [Coco-betaine] A skin cleanser, foam booster, and thickener derived from coconut oil.

**Comfrey Extract:** [*Symphytum officinalis*, Symphytum Officinale Extract] This anti-inflammatory herbal extract accelerates wound healing and stimulates skin cell growth. It is used to soothe skin and to promote healing in minor cuts, burns, and sunburns.

**Corn Meal:** [*Zea Mays* (Corn) Kernel Meal] This coarse flour prepared by milling the corn kernel is used as a thickening agent and mild exfoliant.

**Corn Starch:** [*Zea Mays* (Corn) Starch] Used as a thickening agent, corn starch absorbs water and soothes skin.

**Cranberry Seed Oil Extract:** [*Vaccinium Macrocarpon* (Cranberry) Seed Oil] The oil from the cranberry seed is a rich source of tocotrienols (part of the vitamin E family) and omega-3 and omega-6 essential fatty acids.

**Cucumber Extract:** [*Cucumis sativus*, Cucumis Sativus (Cucumber) Fruit Extract] The juice of the fruit is moisture-binding, soothing, and tightening and has anti-inflammatory properties. It nourishes and softens skin.

**Cyclomethicone:** Derived from silica, this ingredient is used to moisturize and protect skin. It contributes a degree of water repellency and leaves a soft, smooth feeling.

**Decyl Glucoside:** A foaming cleanser.

**Dimethicone:** Derived from silica, this ingredient is used to moisturize and protect skin. It contributes a degree of water repellency and leaves a soft, smooth feeling.

**Dimethyl Lauramine Oleate:** A skin conditioning ingredient.

**Disodium Cocoamphodiacetate:** A surfactant and cleansing agent derived from coconut oil.

**Disodium EDTA:** A preservative.

**Disodium Laureth Sulfosuccinate:** A mild cleansing agent and surfactant.

**DMAE (dimethylaminoethanol):** [Dimethyl MEA] A compound naturally found in fish that has been shown to firm skin and improve skin tone. A non-animal source is used in skin care.

**Emulsifying Wax:** [Cetearyl Alcohol and Polysorbate 60] A vegetable-based thickener and emulsifier. This ingredient does not contain petrolatum.

**Ergocalciferol (Vitamin D):** A major constituent of many vegetable and fish oils, vitamin D helps the body utilize calcium and phosphorous, aids in development of bones and teeth, and helps improve skin feel and firmness.

**Ester C®:** [Calcium Ascorbate] Vitamin C is a powerful water-soluble antioxidant and is essential for collagen production. This is a patented, stable, non-acidic form of vitamin C produced by Zila Nutraceuticals, Inc.

**Ethylhexyl Palmitate:** An emollient derived from palm oil.

**Evening Primrose Oil:** [*Oenothera biennis*, Oenothera Biennis (Evening Primrose) Oil] This oil is extracted from the seed of the evening primrose flowers and contains gamma-linolenic acid (GLA), an omega-6 fatty acid. Evening Primrose oil moisturizes skin, soothes inflammation, supports the immune system, and aids in the treatment of eczema.

**Eyebright Extract:** [*Euphrasia officinalis*, Euphrasia Officinalis Extract] This herb is found throughout the northwestern region of North America. It is an astringent and a tonic with anti-inflammatory properties that was traditionally used to treat eye conditions.

**Fagara Bark Extract:** [*Zanthoxylum zanthoxyloides*, Zanthoxylum Zanthoxyloides Bark Extract] This extract from the bark of Prickly Ash is used to treat skin afflictions and promote healthy circulation. It is a tonic and mild analgesic.

**Fragrant Oils:** Essential oils used for their natural fragrances and aromatherapeutic benefits.

**Ginkgo Biloba Extract:** [*Ginkgo biloba*, Ginkgo Biloba Leaf Extract] The phytochemicals in this herb improve circulation by encouraging blood flow and function as antioxidants. Ginkgo biloba contains anti-inflammatory chemicals and natural antihistamines.

**Ginseng Extract:** [*Panax ginseng*, Panax Ginseng Root Extract] Produced from the roots of the plant, Ginseng is a stimulant, a tonic, and an adaptogenic herb.

**Glycerin:** Made by combining water and vegetable fats, glycerin is an emollient and a humectant used in moisturizers to help the skin retain moisture.

**Glyceryl Stearate or Glyceryl Stearate SE:** This ingredient is derived from stearic acid and glycerin and is used as an emulsifier and emollient.

**Glycine:** see Amino Acids.

**Glycol Distearate:** A humectant.

**Glycolic Acid:** This alpha hydroxy acid from sugar cane facilitates removal of dead skin cells and improves skin hydration. Glycolic acid hydrates, moisturizes and normalizes skin.

**Goldenseal Extract:** [*Hydrastis canadensis*, Hydrastis Canadensis (Golden Seal) Extract] The bright yellow roots of this plant were used by Native Americans as an antibiotic, an antiseptic, and a coagulant. Goldenseal is a tonic and an astringent. Hydrastine and berberine, two compounds in goldenseal, give the herb antimicrobial properties.

**Grapeseed Oil:** [*Vitis vinifera*, Vitis Vinifera (Grape) Seed Oil] This antioxidant rich oil extracted from the seeds of the grape protects and tones capillaries.

**Grape Skin Extract:** [*Vitis vinifera*, Vitis Vinifera (Grape) Skin Extract] This extract from the grape skin is used to support the circulatory system and is an astringent that is high in tannins.

**Grapefruit Oil:** [*Citrus grandis*, Citrus Grandis (Grapefruit) Peel Oil] The essential oil extracted from the peel of the fruit is used as an astringent and natural fragrance. It helps decongest clogged pores and tighten skin.

**Green Tea Extract:** [*Camellia sinensis*, Camellia Sinensis Leaf Extract] This herbal extract from the leaves of the plant is a powerful antioxidant that is being researched for its cancer preventing properties.

**Honey:** Produced by bees, honey is used in masks to create a watertight film on the face and to soften and moisturize skin. Honey may cause allergic reactions in people allergic to pollen.

**Hops:** [*Humulus lupulus*, Humulus Lupulus (Hops) Extract] A plant extract used to soothe anxiety, nervousness, and restlessness and to encourage sleep.

**Horse Chestnut Extract:** [*Aesculus hippocastanum*, Aesculus Hippocastanum (Horse Chestnut) Seed Extract] This herbal extract from the seeds and bark of the tree is a mild astringent with anti-inflammatory properties that helps strengthen weak, leaky capillaries and promote healthy circulation.

**Horsetail Extract:** [*Equisetum arvense*, Equisetum Arvense Extract] The stems of this herb are rich in silica, a health-promoting mineral, and contribute to healthy connective tissue. An astringent that soothes, heals, and softens skin.

**Hyaluronic Acid (Actimoist® Bio-2):** [Sodium Hyaluronate] This molecule, naturally found in skin and connective tissue, holds up to 1000 times its weight in water to keep skin and collagen hydrated. Actimoist Bio-2® is non-animal source of hyaluronic acid.

**Hydrolyzed Wheat Protein:** Derived from wheat gluten, this excellent source of protein moisturizes and conditions skin.

**Hydroxyethyl Cellulose:** A naturally derived thickener and stabilizer.

**Hypericum Perforatum Extract:** [*Hypericum perforatum*, St. John's Wort] Used topically, this herb promotes healing of burns and wounds. It is an astringent with anti-inflammatory and analgesic properties.

**Japanese Honeysuckle Flower:** [*Lonicera japonica*, Lonicera Japonica (Honeysuckle) Flower Extract] A natural fragrance also used to treat skin inflammations and wounds.

**Jojoba Oil:** [*Simmondsia chinensis*, Simmondsia Chinensis (Jojoba) Seed Extract] An oil high in proteins and minerals that is extracted from the seeds of the desert shrub. Jojoba oil rejuvenates and nourishes skin and hair and is an excellent carrier oil or massage oil.

**Jonquil:** [Narcissus Jonquilla Extract] An essential oil that soothes and nourishes the nervous system. Jonquil works synergistically with Champaca to alleviate stress and anxiety.

**Kaolin Clay:** [China Clay, Kaolin] A clay used in masks to absorb the oil and sweat secreted by the skin and refine the skin.

**Korean Ginseng:** see Ginseng.

**Lactic Acid:** An alpha hydroxy acid that moisturizes and exfoliates skin. It can also be used to adjust or stabilize the pH.

**Lauramide DEA:** A foaming surfactant.

**Lavender Oil:** [*Lavandula angustifolia*, Lavandula Angustifolia (Lavender) Extract] The oil, extracted from the flowers, is used to heal and repair injury to the skin. It has anti-inflammatory and antimicrobial properties and promotes sleep and relaxation.

**Lecithin:** This phospholipid derived from soybeans is a natural antioxidant that protects and nourishes skin.

**Lemon Extract:** [*Citrus limonum*, Citrus Medica Limonum (Lemon) Fruit Extract] This extract from the fruit is a source of citric acid, an alpha hydroxyl acid that exfoliates and conditions the skin. It is also a source of vitamin C.

**Lemon Grass Extract:** [*Cymbopogon citratus*, Cymbopogon Schoenanthus Oil] This perennial tropical grass is a mild astringent with antibacterial and antifungal properties. It eases muscular pains, sprains and strains, soothes the nervous system, energizes the body and is sometimes used as a natural fragrance.

**Lemon Oil:** [*Citrus limonum*, Citrus Medica Limonum (Lemon) Peel Oil] This oil, obtained from the peel of the fruit, contains citroflavonoids that affect vascular permeability, improving circulation and toning capillaries and veins. An essential oil with anti-inflammatory and antioxidant properties that contains vitamin C and is also used as a natural fragrance.

**Leucine (L-Leucine):** See Amino Acids.

**Licorice Extract:** [*Glycyrrhiza glabra*, Glycyrrhiza Glabra (Licorice) Root Extract] Used therapeutically in ancient China and Rome, this herbal extract has anti-inflammatory, antiviral, and antibacterial properties. Licorice also inhibits melanin production.

**Lime Oil:** [*Citrus aurantifolia*, Citrus Aurantifolia (Lime) Oil] On the skin, lime oil acts as a disinfectant and astringent. This essential oil is stimulating and cleansing.

**Macadamia Nut Oil:** [*Macadamia ternifolia*, Macadamia Ternifolia Seed Oil] This nourishing oil is high in palmitoleic acid as well as other fatty acids. It is an excellent skin lubricant and carrier oil and quickly penetrates the skin.

**Marine Plant Extracts:** A blend of plant extracts that nourish the skin.

**Matricaria Extract:** see Chamomile.

**Matrixyl™ (Palmitoyl Pentapeptide):** [Palmitoyl Pentapeptide-3] This pentapeptide stimulates collagen synthesis, helping to repair and renew skin and reduce wrinkles.

**Menthol:** A cooling analgesic derived from Peppermint Oil.

**Methyl Salicylate:** An analgesic and disinfectant.

**Methyl Sulfonyl Methane (MSM):** [Dimethyl Sulfone] MSM is a source of sulfur, a building block of proteins. Topically, it softens, soothes, conditions, and strengthens the skin, nails, and cuticles and helps relieve pain and inflammation associated with arthritis.

**Milk Thistle Extract:** [*Silybum marianum*, Silybum Marianum Extract] Internally, this herb is used to treat liver conditions. Topically, milk thistle functions as an antioxidant with anti-inflammatory properties.

**Natural Color:** Natural plant extracts used as coloring agents.

**Natural Plant Extract:** Natural plant extracts used as coloring agents.

**Neem Extract:** [*Azadirachta indica*, Melia Azadirachta Leaf Extract] A tonic and detoxifying herb that promotes healing and calms inflamed skin. Neem has anti-inflammatory, antifungal, antibacterial, and antiparasitic properties.

**Oat Extract:** [*Avena sativa*, Avena Sativa (Oat) Kernel Extract] This soothing herbal extract relieves itching and irritation and is used to treat wounds.

**Octyl Palmitate:** [Ethylhexyl Palmitate] An emollient derived from palm oil.

**Olive Oil:** [*Olea europaea*, Olea Europaea (Olive) Fruit Oil] Olive oil contains oleic, palmitic, and linoleic fatty acids to moisturize and nourish skin and may also have antibacterial and antifungal properties.

**Onion Extract (Allicin):** [*Allium cepa*, Allium Cepa (Onion) Bulb Extract] Onion contains many of the same important phytochemicals found in garlic. This herbal extract fights allergies and inflammation and is used to treat minor wounds and burns, bruises, inflammation, acne, and insect bites.

**Orange Oil:** [*Citrus aurantium*, Citrus Aurantium Dulcis (Orange) Oil] Orange oil is a tonic with anti-inflammatory properties that is also used as a natural fragrance.

**Panthenol (Pro-Vitamin B<sub>5</sub>):** This important skin vitamin easily penetrates the skin and is converted to its active form. Panthenol helps moisturize and revitalize skin and stimulates cellular proliferation.

**Papaya Extract:** [*Carica papaya*, Carica Papaya (Papaya) Fruit Extract] Papain, one of the active enzymes in papaya, has antimicrobial properties. Papaya can help reduce edema, may discourage clotting, and promotes wound healing, and the active enzymes also mildly exfoliate skin.

**Paraffin:** Used to increase the viscosity in our hair conditioners.

**Passion Fruit Extract:** [*Passiflora incarnata*, Passiflora Incarnata Fruit Extract] This herbal extract is a natural sedative and relaxant with antimicrobial properties to calm skin.

**Pearl Powder:** Calms and retexturizes skin.

**PEG 40 Castor Oil:** [PEG-40 Castor Oil] This ingredient, derived from castor oil, is used as an emollient and emulsifier.

**PEG 100 Stearate:** [PEG-100 Stearate] An emulsifier.

**PEG 150 Distearate:** [PEG-150 Distearate] A cleansing and surfactant.

**PEG 7 Glyceryl Cocoate:** [PEG-7 Glyceryl Cocoate] An emollient, surfactant, and emulsifier.

**Pentylene Glycol:** A preservative and humectant.

**Peppermint Essential Oil:** [*Mentha piperita*, Mentha Piperita (Peppermint) Leaf Extract] A mild anesthetic that relieves itching and inflammations, peppermint oil is also antiviral and antimicrobial and relaxes tight skeletal muscles.

**Phenoxyethanol:** This ingredient is a broad-range preservative with fungicidal, bactericidal, insecticidal, and germicidal properties.

**Polyquaternium-10:** An antistatic and conditioning agent.

**Polysorbate 20:** This ingredient is used as to modify the viscosity of the formula and as an emulsifying agent that helps stabilize essential oils in water.

**Potassium Cocoate:** An emulsifier and cleansing agent derived from coconut oils.

**Potassium Sorbate:** A preservative against mold and yeast.

**Pumice:** The powder from this light, volcanic rock is a mild abrasive used to remove dead skin cells.

**Pycnogenol®:** [Pinus Pinaster Bark Extract] Pycnogenol®, extracted from the bark of the French maritime pine, is a water-soluble antioxidant 50 times more powerful than vitamin E that protects skin structures from free radical damage and supports healthy circulation.

**Red Raspberry Extract:** [*Rubus idaeus*, Rubus Idaeus (Raspberry) Fruit Extract] This herbal extract is an astringent and tonic from the fruit that is used to treat inflammation.

**Retinyl Palmitate (Vitamin A):** Vitamin A protects against skin cancer and reduces the appearance of wrinkles by stimulating cellular turnover and collagen production.

**Rose Absolute Maroc:** [*Rosa Damascena* Flower Oil] This essential oil is used to treat the heart and nervous system. It soothes anxiety, stress, fear, and anger and promotes deep relaxation, peace, and a healthy complexion.

**Rose Hips Extract:** [*Rosa canina*, Rosa Canina Fruit Extract] This extract is an astringent and tonic that strengthens fragile capillaries and contains tannins and vitamin C.

**Rosemary Extract:** [*Rosmarinus officinalis*, Rosmarinus Officinalis (Rosemary) Leaf Extract] The leaves of this aromatic, evergreen shrub stimulate the circulatory system, ease muscular pain, and stimulate hair follicles. It is an antimicrobial and antiparasitic astringent.

**Rosewood Oil:** [*Aniba rosaeodora*, Aniba Rosaeodora (Rosewood) Wood Oil] This essential oil calms the nervous system, stimulates the immune system and cellular regeneration, and helps alleviate skin inflammation.

**Rutin:** This bioflavonoid found in various plants helps strengthen the capillaries and soothe inflammation.

**Rye Flour:** [*Secale Cereale* (Rye) Seed Flour] A detoxifying agent with mild abrasive properties.

**Safflower Oil:** [*Carthamus tinctorius*, Carthamus Tinctorius (Safflower) Seed Oil] The oil from this aromatic herb is rich in linoleic and linolenic fatty acids, omega-6 and omega-3 essential fatty acids that nourish and moisturize the skin. It is an excellent carrier oil for essential oil blends.

**Sea Kelp Extract:** [*Macrocystis Pyrifera* Extract] This detoxifying herb also has antiviral properties.

**Sea Salt:** Sea salt is used in scrubs as a mild abrasive.

**Seaweed:** [*Chondrus crispus*, Chondrus Crispus (Carageenan)] A soothing and detoxifying herb.

**Sesame Oil:** [*Sesamum indicum*, Sesamum Indicum (Sesame) Seed Oil] This nourishing oil contains oleic, linoleic, palmitic, and stearic fatty acids. It softens and moisturizes skin and is used as a carrier agent.

**Silica:** In exfoliating formulations, silica is used to absorb oils from the skin and as a mild abrasive.

**Sodium Chloride (Table Salt):** Aids in adjusting or stabilizing the pH.

**Sodium Citrate:** Aids in adjusting the pH.

**Sodium Hydroxide:** Aids in adjusting the pH.

**Sodium PCA (NaPCA):** Derived from amino acids, this high-performance humectant exists naturally in the skin. It is recommended for dry, delicate, and sensitive skin.

**Soy Bean Oil:** [*Glycine Soja* (Soybean) Oil] Rich in phospholipids, amino acids, and natural fatty acids, soy bean oil moisturizes and nourishes the skin.

**Soy Milk:** Soothes and nourishes skin.

**Spirulina Extract:** [*Spirulina Maxima* Extract] This plant extract hydrates and stimulates the skin.

**Stearalkonium Chloride:** This ingredient is used as an antistatic agent in hair conditioners.

**Stearic Acid:** A fatty acid used as an emollient.

**Stearyl Alcohol:** A fatty alcohol used as an emulsifier.

**Sunflower Oil:** [*Helianthus annuus*, Helianthus Annuus (Sunflower) Seed Oil] This quickly absorbed moisturizing oil is rich in linoleic acid (an omega-6 essential fatty acid) and oleic acid (an omega-9 fatty acid).

**Sweet Almond Oil:** [*Prunus amygdalus dulcis*, Prunus Amygdalus Dulcis (Sweet Almond) Oil] An oil extracted from the ripe almond that serves as an emollient and as a carrier. This superb moisturizer contains oleic and linoleic fatty acids (omega-9 and omega-6 fatty acids) to nourish the skin.

**Tangerine Oil:** [*Citrus tangerina*, Citrus Tangerina (Tangerine) Peel Oil] A natural fragrance.

**TEA (triethanolamine):** An emulsifier that is also used to adjust pH.

**Tea Tree Oil:** [*Melaleuca Alternifolia*, Melaleuca Alternifolia (Tea Tree) Leaf Oil] This oil, extracted from the Australian Tea Tree, is antiseptic, antibacterial, and antifungal. It can be used to treat a variety of skin conditions including acne, minor wounds and abrasions, insect bites, and fungal infections.

**Titanium Dioxide:** This naturally occurring mineral makes skin appear lighter and is also used as a sunscreen ingredient.

**Tocopheryl Acetate:** [Vitamin E Acetate] A stable form of vitamin E, a lipid-soluble antioxidant that protects the cell membranes from free radical damage and moisturizes skin.

**Tyrosine:** see Amino Acids.

**Valerian Extract:** [*Valeriana officinalis*, Valeriana Officinalis Extract] This herbal extract is a natural sedative that soothes and calms the nervous system.

**Valine:** See Amino Acids.

**Vanilla Bean Oil:** [Vanilla Planifolia Fruit Extract] A natural fragrance.

**Vegetable Glycerin:** See Glycerin.

**Wheat Germ Oil:** [*Triticum vulgare*, Triticum Vulgare (Wheat) Germ Oil] This oil, extracted from wheat, is a natural source of mixed tocopherols and tocotrienols (vitamin E) and essential fatty acids.

**White Oak Extract:** [*Quercus alba*, Quercus Alba Bark Extract] The bark of this tree is an astringent with a high tannin content and anti-inflammatory properties.

**Willow Bark Extract:** [*Salix alba*, Salix Alba (Willow) Bark Extract] This cooling herb, from the bark of the white willow, is an astringent and mild analgesic with anti-inflammatory properties.

**Witch Hazel Extract:** [*Hamamelis virginiana*, Hamamelis Virginiana (Witch Hazel) Extract] High in tannins, witch hazel is an effective natural astringent. It reduces inflammation and irritation and can be used to treat sunburn, bruises, cuts and varicose veins.

**Xanthan Gum:** This ingredient is used as a texturizer, carrier agent, gelling agent, and as a thickener.

**Yarrow Root Extract:** [*Achillea millefolium*, Achillea Millefolium Extract] This herbal extract, named after the Greek warrior Achilles who supposedly used this herb to heal the wounds of his soldiers, reduces inflammation and swelling and tones blood vessels. Yarrow is an astringent and a tonic.

## Definition of Terms

**Astringent:** An astringent constricts tissue, improving the appearance of skin and helping to close the pores.

**Emollient:** An emollient softens and lubricates skin and may form a protective barrier. Emollients are often fats or oils.

**Emulsifier:** An emulsifier helps the water-based and oil-based ingredients to mix properly.

**Exfoliant:** An exfoliant encourages the removal of dead skin cells. Abrasive exfoliants such as microdermabrasion treatments or scrubs mechanically remove the dead cells and debris. Non-abrasive exfoliants such as Alpha Hydroxy Acids and Glycolic Acids encourage the removal of the dead cells via a biochemical reaction.

**Humectant:** A humectant attracts and binds water to moisturize skin.

**Surfactant:** Surfactants are also called surface active agents and can be cleansers, emulsifiers, or emollients.

**Tonic:** Tonics are herbal extracts that strengthen and soothe the skin, restoring and maintaining skin health.

## References

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