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# INGREDIENTS GLOSSARY

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## ALPHABETICAL: A

**ALOE VERA JUICE (*aloe barbadensis*):** since ancient times, it's been recognized as an analgesic and also to treat burns while nothing the skin. It has also been used to treat/heal other skin conditions such as cuts, burns, insect bites, bruises, acne, blemishes, poison ivy, welts, eczema and sunburns. It is a common ingredient in cosmetics and lotions because it naturally balances the pH of the skin.

**ANISEED OIL (*pimpinella anisum*):** the medicinal benefits of the essential oil are anti-septic, detoxifying and incredibly moisturizing. Provides instant relief from spots, acne and damaged skin. It helps your skin become soft, smooth and glowing. Our oil source is cold-pressed.

**APPLE CIDER VINEGAR:** has amazing health benefits and you can use it to treat skin problems such as: age spots, acne, pimples as well as other skin conditions. The ACV we source is raw, organic, unfiltered and unpasteurized. The substance contains various beneficial enzymes, bacteria, pectin and trace minerals. It's also rich in powerful alpha hydroxy acids to help remove dead skin cells and reveal a fresher and healthier complexion.

**AQUA (pure spring):** our water source is abundant in naturally occurring minerals to help treat certain serious inflammatory skin conditions; when used as a therapeutic complement due to its soothing, softening and anti-inflammatory with anti-free radical properties. The water is sourced from BPA-free plastic to avoid chemical impurities.

**ARGAN OIL (*argania spinosa*):** is a plant oil produced from the kernels of the argan tree in Morocco. Our oil source is cold-pressed and certified organic. Advocated as deeply moisturizing, aiding against acne and flaking/dry skin. Also used to treat skin infections, bug bites and skin rashes. Known to be exceptionally nourishing for the hair as well. One of the main reasons that argan oil is so healing, is that it is rich with Vitamin A and Vitamin E. However, argan oil is also packed with antioxidants, Omega-6 fatty acids and linoleic acid.

**ARNICA OIL (*arnica montana*):** has been used for medicinal purposes since the 1500s. Arnica oil contains helenalin, a potent anti-inflammatory. Its ability to reduce pain and disease-causing inflammation when applied to the skin comes in handy for all kinds of bruises, aches, sprains and even arthritis flare-ups. It can even be applied to

insect bites to reduce irritation and inflammation. Contains several fatty acids, including palmitic, linolenic, linoleic and myristic, as well as thymol.

**ARROWROOT (*maranta arundinacea*):** serves as a gluten-free, healthier alternative to cornstarch, as it's both GMO-free and vegan. It's naturally pH balancing and works to soften your skin by enabling it to absorb moisture. Used as a topical treatment to promote the healing of cuts/scars and is a great, natural potassium and calcium supplement. Arrowroot absorbs oils/sebum beautifully and also promotes natural healing as it penetrates the skin while reducing odours and detoxifies.

**AUSTRALIAN CLAYS:** our source varies by colour and their myriad of benefits. We use Rose, Olive Green, Yellow, Washed Blue and Midnight Black clays. All perfect for balancing stressed and sensitive skin, as they create a youthful appearance with ultimate hydration and skin firmness. Their hydrating properties help to refine delicate lines, moisturize and improve the overall texture of the skin while also detoxifying. Amazing for oil/sebum regulation while dissolving impurities in the skin.

**AVACADO FRUIT & OIL (*persea americana/gratissima*):** our cold-pressed monounsaturated oil deeply penetrates the upper layers of the skin, which makes it incredibly beneficial in optimal skin care. Excellent for all skin types especially dehydrated, eczema, solar keratosis and mature. Improves elastin due to its high protein, lecithin and fatty acid content and very rich in Vitamins A, B1, B2, D, E, & D.

## ALPHABETICAL: **B**

**BAY OIL (*laurus nobilis*):** our oil source is gently steam-distilled. Extracted from bay leaf, it has anti-inflammatory properties which can ease the pain resulting from sprains, strains, arthritis, rheumatism as well as general pains and aches. It also boosts circulation and promotes a feeling of well-being. Bay essential oil helps to de-stress your skin, thus preventing the occurrence of wrinkles and skin outbreaks. In addition, its potent antifungal and anti-bacterial properties can alleviate skin infections. It is applied topically to heal cuts, bruises and insect bites.

**BEESWAX (*cera alba*):** our purified source is unlike the artificial/petroleum based chemicals added to many moisturizers and skin care lotions to aid in absorption, beeswax contains Vitamin A and provides long-term moisturizing, actually locking moisture into the skin. Unlike petroleum based parabens, beeswax remains biologically "alive" even after it is processed. The anti-germicial properties of beeswax have been

found to help heal minor skin cuts, abrasions, scrapes and wounds. Also acts as a layer of protection when applied to the skin, protecting the skin from environmental irritants and even the weather elements.

**BERGAMONT OIL (citrus bergamia):** our cold-pressed processed source retains the beneficial components of the essential oil; acting as a natural antibiotic and disinfectant in nature. These compounds inhibit the growth of germs, virus and fungi. They also effectively prohibit infections, including those of the skin. It's been known to reduce the feeling of pain in the body; it stimulates secretion of certain hormones which lessen sensitivity of nerves to pain. Therefore, it is very helpful in case of headaches, sprains, muscle aches.

**BLACK PEPPER OIL (piper nigrum):** our essential oil is gently steam-distilled and derived from peppercorns. It is warming, stimulating and improves circulation, thereby giving immediate relief for rheumatism and arthritis. It possesses great antibacterial and antioxidant properties while also effectively aiding the body in gentle, natural detoxing.

**BROCCOLI SEED OIL (brassica oleracea):** our cold-pressed oil and packed Vitamin C and other nutrients; nourishes the skin and hair, leaving a radiant sheen that looks youthful and glowing. Recommended for younger and acne-prone skin types, this oil nourishes, balances, and provides skin with all the nutrients necessary for optimal functioning. In addition, it heals blemishes and reduces redness. Recent studies suggest that broccoli may help protect against skin cancer. The naturally occurring fatty acids provide a greaseless hydration while forming a protective layer that traps in moisture and keeps skin hydrated all day long.

## ALPHABETICAL: C

**CAJEPUT OIL (melaleuca cajeputi):** our essential oil is a byproduct of gentle steam-distillation. It's very efficient in fighting infections from bacteria, virus and fungi, such as tetanus (bacteria), influenza (virus) and various infectious diseases. It stimulates the organs, creates a warming effect (it's analgesic in nature - meaning that it reduces feelings of pain) and promotes optimal circulation. It smooths, brightens and tones skin while keeping it free from impurities.

**CALENDULA OIL (calendula officinalis):** applying this steam-distilled essential oil to your cuts, scrapes, bruises and insect bites, you can quickly speed the healing process, partially due to the anti-inflammatory properties of the oil, in addition to the

unique antioxidant compounds found in this miraculous plant. By protecting against infections, calendula oil keeps wounds and scrapes safe, allowing them to rapidly heal. This oil can significantly boost the appearance of your skin. It can affect blood flow to the skin cells, provide antioxidant protection that reduces the appearance of wrinkles and age spots, and even the visibility of scars.

**CAMPBOR OIL (*cinnamomum camphora*):** our essential oil source is gently steam-distilled. It's an excellent disinfectant, insecticide and germicide. It can be added to drinking water to disinfect it, particularly during the summer and in rainy seasons when there is a higher chance of water becoming infected. A drop or two of camphor oil, mixed with a large quantity of food grains, keep those food items safe from insects. Camphor is also used in many medical preparations such as ointments and lotion to cure skin diseases, as well as bacterial and fungal infections of the skin. When mixed into bathing water, camphor oil disinfects the whole body externally and kills lice or other small parasites of bugs that might be on your body. Being a detoxifier and a stimulant for circulatory system, the oil excites blood circulation and gives relief to rheumatic diseases, arthritis and gout. It's also considered an antiphlogistic (it reduces the swelling of body parts); another beneficial effect of proper circulation.

**CARROT SEED OIL (*daucus carota*):** our essential oil source is gently steam-distilled. It's used in our skin products to nourish, tighten, revitalize and rejuvenate skin. It visibly improves skin tone, slowing the progression of visible wrinkles, improves elasticity and overall general skin health. Calming and appropriate for irritated skin. It is a good, essential oil for anyone who spends time outdoors due to its high activity antioxidant properties. Carrot seed oil is found in many of our natural formulas dealing with skin conditions ranging from revitalizing and toning to eczema and ageing.

**CARDAMOM OIL (*elettaria cardamomum*):** our essential oil source is gently steam-distilled. Cardamom is a member of the ginger family of botanical plants. It has historical uses that include internal consumption to protect the stomach and inhalation to invigorate the mind. Cardamom has also been used traditionally to alleviate mental fatigue and nervous strain. And is most noted for its skin enhancing benefits; because of the vitamins, phytonutrients and essential oils in cardamom act as antioxidants, cleaning up free radicals and resisting cellular aging. Prevents wounds from septic infections and also assists in the healing of wounds; the volatile essential oils in cardamom inhibit the growth of viruses, bacteria, fungus and mould.

**CASTOR OIL (*ricinus communis*):** our source is cold-pressed. Notorious to help alleviate skin problems like sunburn, acne, dry skin and stretch marks. It also helps evade infections like warts, boils, athlete's foot and chronic itching. It's been historically used to treat problems like sunburn, warts, yeast infections, fungal infections or acne. Castor oil is a wonderful moisturizer. The high concentrated fatty acids penetrate the skin easily; this helps remove dry patches and restores hydration of the skin. The fatty acids in castor oil make it stand out amongst other vegetable oils.

**CEDARWOOD OIL (*cedrus atlantica*):** our essential oil source is gently steam-distilled. Eczema is a dreadful disease that is caused by a malfunction of the sebaceous glands. This results in increased sebum production and a subsequent infection of the epidermal cells. The oil can be beneficial in curing this inflammatory situation and can reduce this skin peeling regularizing sebum production and treating the infection. The oil also reduces the redness/inflammation and obvious signs of the condition while treating it. Known to prevent wounds from becoming septic as well as protecting them from tetanus germs. By defending the body against toxins, the cedarwood essential oil relieves the white blood cells and immune system of the extra stress, which allows them to better protect internal functions.

**CHAMOMILE OIL (*matricaria chamomilla*):** our essential oil source is gently steam-distilled. The oil has very good antiseptic and antibiotic properties which do not let biotic infections develop; they also eliminate infections that are already present. It's also anti-allergenic, and helps cure acne by removing toxins and cleaning sebaceous glands while reducing the visible appearance of scars/spots.

**CINNAMON OIL (*cinnamomum zeylanicum*):** our essential oil source is gently steam-distilled. The oil is naturally rich in anti-inflammatory substances; helps in removing stiffness of the muscles and joints. Cinnamon is also recommended for arthritis, and it is known to help in removing headaches that are caused by colds. Due to its antifungal, antibacterial, antiviral and antiseptic properties, it is effective on treating external as well as internal infections. When used as an ingredient within shaving soap, it helps stimulate the hair follicles for a closer shave, with reduced redness and irritation.

**CITRONELLA OIL (*cymbopogon winterianus*):** our essential oil is gently steam-distilled. The compounds naturally occurring in the oil kill bacteria and inhibit any further bacterial growth in the body. This is particularly helpful in treating infections in wounds. The crisp, rich citrus or lemon-like aroma of this oil drives away body odour and act as a natural insect repellent, while also promoting optimal circulation.

**CLOVE OIL (*syzygium aromaticum*):** our essential oil source is gently steam-distilled. Due to its antiseptic properties, the oil is useful for wound, cuts, scabies, athlete's foot, fungal infections, bruises, prickly heat, scabies, insect bites/stings, and other types of injuries. The germicidal properties of the oil make it very effective for relieving dental pain, tooth ache, sore gums and mouth ulcers. Naturally a potent anti-inflammatory.

**COCAO BUTTER (*theobroma cacao*):** our source is cold-pressed, raw and certified organic. It's great at effectively relieving itchy, dry skin when applied topically. One of the reasons that cocoa butter is so valuable is its high concentration of antioxidant compounds, including oleic acid, palmitic acid, and stearic acid. Although these are technically fatty acids, they are beneficial for the body, and help to neutralize free radicals throughout the body, particularly in the skin. By reducing the occurrence of oxidative stress, cocoa butter can help reduce the signs of aging, including wrinkles and age marks. This butter has the ability to reduce the appearance of scars on the skin and help to boost overall skin health.

**COCONUT OIL & MILK (*cocos nucifera*):** our source is cold-pressed, extra-virgin and certified organic. Unlike mineral oil, there is no chance of having any adverse side effects on the skin from the application of coconut. Coconut oil and milk therefore is a safe solution for preventing dryness and flaking of skin. It also delays the appearance of wrinkles and sagging of skin, which normally accompany aging. Helps in preventing degenerative diseases premature aging due to its well-known antioxidant properties. It also helps in treating various skin problems including psoriasis, dermatitis, eczema and other skin infections.

**COMFREY OIL (*symphytum officinale*):** our oil source is cold-pressed. When you apply comfrey to your skin, it can have some serious benefits to rashes and irritations. The high content of antioxidant components, as well as vitamin C, makes comfrey ideal solution for speeding up the healing of wounds. Antioxidants also help to eliminate foreign substances in the body and preventing cell death, while vitamin C's importance in producing collagen means that it is necessary to produce new skin cells for healing. It's also incredibly rich in anti-inflammatory and analgesic promoting properties.

**CORNMEAL (*zea mays*):** our source is a Non-GMO corn derivative. It gently removes dead skin cells without irritating skin. Great for alleviating oily, or flaky skin. The cornmeal acts as a sponge absorbing the oil from skin without drying it out– leaving skin soft and shine-free with radiant vitality. It performs as a reliable and gentle microdermabrasion treatment that promotes healthy epidermal cell growth.

**CRANBERRY OIL (*vaccinium macrocarpon*):** our oil source is cold-pressed. It contains one of the highest anti-oxidant, and phytosterols contents of any of the vegetable/ fruit oils; making it an excellent addition to your natural sun protection products where it will help to prevent photo damage. Cranberry seed oil contains omega-3, omega-6, and omega-9 essential fatty acids. It also helps the skin hold onto moisture through contributing to the skin's structure and barrier formation. This moisturizing power is also said to be perfect for aging, rough, dry, and scaly skin.

**CUCUMBER JUICE (*cucumis sativus*):** our source is freshly juiced from organic, local cucumbers. It naturally contains high levels of multiple B vitamins, including vitamin B1, vitamin B5, and vitamin B7 (biotin). It can be used as a natural toner and astringent too, due to its cooling properties. It is an easy way to get rid of oiliness in skin and leaves you with a glow. Also widely used for promoting the gradual removal of residual scars, blotchiness, and sunburns.

## ALPHABETICAL: D

**DEAD SEA MUD & SALT (*maris limus*):** the mud's gentle pulling action helps gently exfoliate the skin and draw out impurities and toxins; it's also great for oily, acne-prone skin. Circulation helps bring vital nutrients and oxygen to your cells and carry away toxins and wastes — all essential to healthy and normal cell functioning... this process on the skin is heightened with this mud because of its high mineral content, such as sodium, chloride, magnesium, potassium, iron, and calcium. It also naturally softens and moisturizes, so it dramatically improves the appearance and health of your skin leaving it more tone, even in texture, and clearer.

**DIATOMACEOUS EARTH (*solum diatomeae*):** it's a material made up of fossilized diatoms, also known as fossil shell flour or kaolin. Diatoms are a type of hard-shelled algae or phytoplankton that once made their home in oceans and lakes. It's used extensively as a health and beauty product for hair, skin, and nails. Collagen, which is extremely important for healthy skin, is mostly made up of silica. When we are deficient in silica, our collagen breaks down more quickly, which makes the skin look old and dull.

## ALPHABETICAL: E

**EUCALYPTUS OIL (*eucalyptus globulus*):** our essential oil source is gently steam-distilled and certified organic. It's a potent antiseptic used for healing wounds, ulcers, burns, cuts, abrasions and sores. It is also an effective salve for insect bites and stings. Very effective for treating a number of respiratory problems including cold, cough, runny nose, sore throat, asthma, nasal congestion, bronchitis and sinusitis. Eucalyptus oil is antibacterial, antifungal, antimicrobial, antiviral, anti-inflammatory and decongestant in nature.

**EVENING PRIMROSE OIL (*oenothera biennis*):** our oil source is cold-pressed and certified organic. Evening primrose oil has proven to be a valuable treatment choice for people suffering from skin conditions, such as eczema, psoriasis, and atopic dermatitis. Studies published have even shown that evening primrose oil can help with age-related structural and functional changes in skin tissues, such as redness, firmness, roughness, and fatigue resistance. It also boosts blood circulation which is helpful to treat tired skin and eyes, while being rich in natural anti-inflammatory agents.

## ALPHABETICAL: F

**FIR NEEDLE (*abies sibirica*):** our essential oil source is gently-steam distilled. When it comes to preventing infection, essential oils have been turned to for thousands of years, and fir needle essential oil is no exception. Thanks to its high concentration of antiseptic organic compounds that stimulate the immune system and prevent dangerous infections, fir needle essential oil can be a powerful tool that keeps your body health inside and out. Ideal for soothing pain and relaxing aching muscles. The stimulating nature of the oil can bring blood to the surface of the skin, flushing out toxins and increasing the rate of healing and recovery so your pain fades away and your body gets even stronger in the process.

**FRACTIONATED COCONUT OIL (*cocos nucifera*):** our fractionated coconut oil source is organic and extra-virgin. It's colourless and compared to regular coconut oil, it has increased stability due to the long chain triglycerides being removed. It has antioxidant and a wide range of disinfecting properties with concentrated capric and caprylic acid. It is easily absorbed through the skin's pores; softening and moisturizing

while providing a high protein content, repairing and healing skin. It also has anti-fungal and anti-microbial properties, preventing skin infections, psoriasis and aging.

**FRANKINCENSE OIL (*boswellia carteri*):** our essential oil source is gently steam-distilled. It's an effective antiseptic, and even the fumes or smoke obtained from burning it have antiseptic and disinfectant qualities that eliminate the germs in the space where the smoke filters out. It can be applied on wounds without any known side effects to protect them from tetanus and becoming septic. It is equally good on internal wounds and protects them from developing infections. It has many other benefits, because it strengthens gums, hair roots, tones and lifts skin, contracts muscles, intestines and blood vessels, and thereby gives protection from premature losses of teeth and hair. This astringent quality also reduces the appearance of wrinkles, and combats the loss of firmness of intestines, abdominal muscles, and limbs associated with age. Above all, frankincense acts as a coagulant, helping to stop bleeding from wounds and cuts.

## ALPHABETICAL: G

**GERANIUM (*pelargonium odorantissimum*):** our essential oil source is gently steam-distilled. The strong properties of this oil (sometimes referred to as rose geranium) prevents bacteria and microbes from developing on wounds and keeps you safe from developing infections. Naturally occurring compounds in the oil act as an astringent, and it's also a powerful cicatrisant, so it helps the scars and other spots on the skin to fade and vanish. It facilitates blood circulation just below the surface of skin and also helps promote a uniform distribution of melanin. Geranium Oil promotes cell health, encourages the recycling of dead cells, and the regeneration of new cells.

**GINGER (*zingiber officinale*):** our essential oil source is gently steam distilled. Not only is ginger great for anti-ageing when taken internally and applied topically, it can also help with spots and imperfections. Ginger contains powerful antiseptic and cleansing qualities, minimizing the rate of spot and acne formation by actively killing bacteria on the skin's surface and deep inside the pores. Known to soothe and heal blisters, burnt skin or sunburn.

**GOAT'S MILK:** our milk is derived from a certified organic source, that is pasture-raised (grass fed) and not subjected to any hormones or antibiotics. Goat's milk when infused in cosmetics or soap delays signs of skin aging due to its high content of alpha-hydroxy acids such as lactic acid. Alpha-hydroxy acids break down dead skin cell

bonds, removing dead skin cells from the skin's surface and leaving behind new cells on the surface that appear smoother and more youthful. It also reduces skin inflammation due to its fat molecule content. The cream present in goat's milk is a moisturizer, soothing dry and damaged skin, possessing an anti-inflammatory effect. In addition, it's packed full of essential nutrients and vitamins like vitamin D, C, B1, B6, B12, and E, that feed the skin and are absorbed into the body.

**GRAPSEED OIL (*vitis vinifera*):** our carrier oil source is certified organic, and cold-pressed. Grapeseed oil contains antioxidants and anti-inflammatory properties, both of which are great for stopping acne. The oil also contains linoleic acid, which is great for promoting skin health. It also has beneficial astringent qualities that help tighten skin and close up the pores, thus helping you avoid clogging that leads to pimples. With regular use the elasticity of the skin can be improved, thus making the lines of an aging face less pronounced.

**GREEN TEA (*camellia sinensis*):** our source is certified organic and used primarily as matcha powder. The rich antioxidant compounds improves your skin complexion and makes your skin healthy. It helps flush out toxins from the skin, heals blemishes and scars, and reduces inflammation. It even improves the skin's elasticity. Tannins (an astringent) in green tea help treat puffy eyes as well as dark circles. They help shrink blood vessels underneath the delicate skin around the eyes. This in turn reduces swelling and puffiness.

## ALPHABETICAL: H

**HEMP OIL (*cannabis sativa*):** our source is certified organic and cold-pressed. It does not contain THC, the chief psychoactive compound in Cannabis. Most of the skin health benefits of hemp seed oil come from its excellent ratio of omega-6 to omega-3. The skin benefits indicated in numerous studies indicate it as an effective antibacterial, antiviral, anti-fungal, antioxidant, anti-inflammatory and skin regenerative. It may be rubbed directly onto the skin to treat cracked, dry skin, or it can be blended into body oils, body creams, and other personal care products.

**HIMALAYAN SALT:** our salts source is raw, unprocessed and found deep within the rivers and valleys of the Himalayan Mountains. For centuries, Himalayan salts have been celebrated for their versatility, purity and many cosmetic benefits; primarily due to its abundantly varying mineral count - 84 different kinds (including calcium, iron, potas-

sium, and magnesium). Known to cleanse and detoxify the skin, leaving it smoother, softer, and cleaner than ever before. These salts are an effective treatment for common skin conditions such as dry skin, psoriasis, and acne. Typically used to soothe insect bites, heal blister and even treat ailments that affect our joints, such as arthritis and promote relaxation and sleep.

**HYDROLIZED SILK PEPTIDES (*bombyx mori*):** our silk peptides are a naturally rich source of amino acids. As the building blocks of the proteins in our skin, amino acids are essential for maintaining healthy cell function and renewal, as well as the skin's structure and natural moisturizing factors. Amino acids also have antioxidant properties that help repair free radical damage. Amino acids are added to anti-aging skin treatments to help replenish the collagen and elastin fibers that give our skin its strength, texture and resiliency. Our high-quality source is better able to penetrate the skin surface and deliver the moisture and nutrients required for optimum cell growth in the underlying dermis.

## ALPHABETICAL: J

**JOJOBA OIL (*simmondsia chinensis*):** our carrier oil source is certified organic and cold-pressed. It's non-greasy and it has anti-inflammatory properties to help reduce acne-related problems and other inflammatory skin conditions. Its texture is similar to the natural oil produced by human body. Based on this fact, you can be sure that this carrier oil can effectively act as skin moisturizer. The oil is generally light so it is easily absorbed by the skin, resulting in supple and soft skin. Also offers antibacterial benefits as well; helps to reduce various skin problems including eczema and psoriasis. With regular use, you can prevent signs of aging from appearing too soon. In fact, jojoba oil is also used for skin lightening in many anti-aging products in the market.

## ALPHABETICAL: L

**LAVENDER OIL (*lavandula angustifolia*):** our essential oil source is from France and gently steam-distilled. Naturally induces sleep which has made it a common recommendation for an alternative treatment of insomnia. It has a calming scent which makes it an excellent tonic for the nerves and anxiety issues. Therefore, it can also be helpful in treating migraines, headaches, depression, nervous tension and emotional stress. The refreshing aroma removes nervous exhaustion and restlessness while also increas-

ing mental activity. It has a well-researched impact on the autonomic nervous system, which is why it is frequently used as a treatment for insomnia and also as a way to regulate heart-rate variability. According to dermatologists and aromatherapists, lavender essential oil is one of the most beneficial oils in the treatment of acne; while helping to prevent and revert scarring or discolouration in addition to enhancing blood circulation.

**LEMONGRASS OIL (*cymbopogon schoenanthus*):** our essential oil source is gently steam-distilled. Things that are considered an analgesic reduce pain and inflammation. This oil has been known to help relieve pain in muscles and joints, as well as toothaches and headaches resulting from viral infections like cough, cold, influenza, fever and various poxes. It also helps cure general body pain resulting from strenuous activities and athletics. An anti-pyretic is an agent that brings down very high fevers. This is quite similar to a febrifuge but it is effective on very high fevers as well. This oil can bring down a fever when it is beginning to reach dangerous levels.

**LEMON OIL (*citrus limonum*):** our essential oil source is gently steam-distilled. It's a great remedy for increasing the lustre of dull skin. It is astringent and detoxifying in nature, and rejuvenates sagging or tired-looking skin. Its antiseptic properties help in treating pimples and various skin disorders. Lemon essential oil is also recommended for reducing excessive oil on the skin.

**LIME OIL (*citrus aurantifolia*):** our essential oil source is gently steam-distilled. Being an astringent, lime essential oil helps to cure toothaches, strengthen the grip of gums on the teeth and protect them from falling out. It also tightens loose muscles and gives a feeling of firmness, fitness and youth. This property can also be used to cure diarrhea. The final important benefit of astringents are their ability to stop hemorrhaging by contracting blood vessels. When applied externally, it protects the skin and wounds from infections and helps them to heal quickly. It can also be used in a diluted state for applying on the scalp. This will protect hair from various infections like lice, and also strengthen it so it won't fall out prematurely.

## ALPHABETICAL: M

**MANUKA HONEY (*leptospermum scoparium*):** our source is raw and high-quality imported from New Zealand. It works wonders for blemished skin because of its aforementioned natural antibacterial properties. It is also a potent anti-inflammatory, so soothes inflamed skin while healing blemishes. It also helps balance the skin's pH and

contains amino acids which slough away dead skin cells, helping to keep pores clear. has been shown to increase collagen cross-linking, promoting the structural growth of collagen in skin cells. And since amino acids are the building blocks of collagen, they also protect collagen. Healthy collagen means healthy, firm, youthful-looking skin. It's also a natural humectant, drawing moisture into the skin. This hydration helps to further enhance the skin's elasticity and cell regeneration, as well as promote healing.

**MEADOWFOAM OIL (*limnanthes alba*):** our carrier oil source is cold-pressed. It's one of the most popular oils in the Aromatherapy Industry due to its excellent oxidative stability. Thanks to the long chain fatty acid structure of the oil, it delivers good barrier formation and helps to lock fragrance onto the skin while also helping to prevent the rapid absorption of natural creams and lotions that is sometimes perceived as drying (with superb anti-oxidant properties and skin softening benefits). It's light yellow in colour, gentle and filled with vitamin E; repairing and hydrating while naturally balancing optimal moisture levels. It prevents stretch marks and possesses anti-aging properties.

**MOOR MUD:** also known as therapeutic peat moss, is an organic substance, product of natural decomposition of multitudes of plants under special conditions. Unlike other mud used in the spa industry, it contains virtually no clay and consists of organic residue of herbs, flowers and grasses. Over period of thousands of years this residue was transformed into a fine paste that easily dissolves in the water, has unusual concentration of humic acids, fulvic acids, minerals, trace elements, vitamins, amino acids, plant hormones and fatty acids in a molecular form that is moor mud content easy for the human skin to absorb and reinvigorate. Moor mud uncanny ability to heal, it cleanses skin of impurities, detoxifies, helps to preserve skin through presence of natural tanning elements, improves circulation and makes skin look and feel rejuvenated.

**MONOI OIL (*gardenia taitensis*):** an infused perfume-oil made from soaking the petals of Tahitian gardenias (best known as Tiaré flowers) in organic coconut oil. It has a high concentration of vitamin E which helps skin and hair elasticity plus strength and contains antioxidants which can help prevent free radical damage. It helps increase skin hydration both immediately and in the long term; helping to alleviate rashes or dry skin disorders while increasing suppler skin and tone.

## ALPHABETICAL: N

**NEEM OIL (*azadirachta indica*):** our carrier oil source is certified organic and cold-pressed. Neem is rich in antioxidants and protects your skin from environmental damage. It even contains a good amount of carotenoids to prevent the skin against free radicals. Neem oil is also rich in vitamins and fatty acids. It improves your skin's elasticity. When you use neem regularly, it even smooths your fine lines and wrinkles. In addition, it also contains a compound similar to aspirin. It clears acne, and reduces inflammation and redness. The high fatty acid concentration and vitamin E content in the oil treats and prevents scars that occurs after acne.

**NEROLI OIL (*citrus aurantium*):** our essential oil source is gently steam-distilled. This oil will effectively protect your wounds from infections and tetanus; kills bacteria and keeps your body free from a number of microbial infections/ toxins. Antioxidant compounds promote fading of skin discolouration and increase overall skin complexion.

## ALPHABETICAL: O

**OAT OIL & OATMEAL (*avena sativa*):** our source is made from rolled oats that are also gluten-free. Naturally rich in minerals and vitamins while also simulating the shedding of dead skin cells. Our oil contains skin active ceramides and has a fatty acid profile comparable to the skin ensuring it not only works topically but it also penetrates the epidermis and provides deeper moisturization. Dense in in linoleic acid, an essential polyunsaturated fatty acid critical for the maintenance of the skin permeability barrier and reducing problems associated with eczema and psoriasis.

**OLIVE OIL (*olea europaea*):** our source is organic and extra-virgin. Olive oil contains three major antioxidants: vitamin E, polyphenols, and phytosterols. Antioxidants, when topically applied, may help protect the skin from premature skin aging. Vitamin E partly accounts for the anti-aging benefits of olive oil because it helps restore skin smoothness and protects against ultraviolet light. Hydroxytyrosol, a rather rare compound found in olive oil, also prevents free radical damage to the skin; without clogging pores.

## ALPHABETICAL: P

**PALMAROSA OIL (*cymbopogon martinii*):** our essential oil source is gently steam-distilled. It helps your body retain the moisture in the tissues and maintains the moisture balance throughout your body. Therefore, this can relieve inflammation and certain other symptoms of dehydration, and is particularly good for the skin. It keeps the skin soft, moist, and looking young. It also prevents external bacterial infections on the skin, armpits, head, eyebrows, eyelids, and ears.

**PALM OIL (*elaeis guineensis*):** our oil source is certified organic and cold-pressed. Naturally red, Vitamin A is gotten from carotenes, especially beta-carotene, which gives it dark reddish colour. This is the same thing that gives tomatoes and carrots their colour, but palm oil contains a lot more beta-carotene than either one of these foods. It contains 2 forms of Vitamin E, tocopherols and tocotrienols. Its deep moisturising properties leaves skin feeling soft, smooth and supple, so it's especially great for those with dry skin. It contains re-fattening agents that help to restore hair and skin's natural oils. It is also great for the treatment of skin ailments such as psoriasis, eczema, stretch marks and scars. It fights against skin aging, by protecting the skin from free radicals, toxins and harmful UV radiation that cause fine lines and wrinkles.

**PARSLEY LEAF (*petroselinum crispum*):** our source is certified organic. The high amount of Vitamin C in parsley nourishes the skin from within to reduce fine lines, wrinkles and scars. Consuming parsley stimulates the production of collagen in the skin and promotes cell reproduction and repair. This leads to faster growth of new skin which results in blemish free, even and smooth skin. Parsley contains beta carotene which is converted to Vitamin A for proper maintenance and repairing of skin. Thus eating parsley improves skin's elasticity, which battles wrinkles and speeds up the wound healing process. Parsley leaf also contains naturally occurring compounds that inhibit bacterial and fungal overgrowth.

**PATCHOULI OIL (*pogostemon cablin*):** our source is a higher quality dark essential oil that's gently steam-distilled. It soothes inflammation, particularly if the inflammation or irritation is a result of fever, and it also provides relief from the fever itself. It protects wounds and ulcers from developing infections and becoming septic. This powerful essential oil stimulates contractions in muscles, nerves and skin. This helps strengthen the hold of gums on the teeth, prevents sagging skin, hair loss, and loosening of mus-

cle tissue. The strong sweet, spicy and musky aroma of this essential oil eliminates or masks body odor naturally.

**PEPPERMINT OIL (mentha piperita):** our essential oil source is gently steam-distilled. Due to its antiseptic properties, is very useful in dental care. It also eliminates bad breath and helps teeth and gums fight off hazardous germs. Like most other essential oils, peppermint is able to provide relief from stress, depression and mental exhaustion due to its refreshing nature. It is also effective against anxiety and restlessness. Furthermore, it stimulates mental activity, clears the mind, and increases focus on cognitive tasks. Can be used externally in order to provide relief from pain. It is believed that the presence of calcium antagonism in peppermint oil helps remove pain from affected areas. It is also cooling in nature and is subsequently used to help reduce fever.

**PETITGRAIN OIL (pettigrain bigarade):** our essential oil source is gently steam-distilled. the refreshing, energizing, and delightfully woody yet floral fragrance of Petitgrain Essential Oil does not leave any trace of body odour. It also curbs the growth of bacteria in those parts of the body that are always subjected to heat and sweat and remain covered by clothes so sunlight cannot reach them. In this way, this essential oil prevents body odour and various skin infections which result from these bacterial growths. It is a good sedative for all sorts of nervous crises such as afflictions, irritations, inflammations, anxiety, and sudden anger. It can also be used to treat problems like abnormal palpitations, hypertension and insomnia.

**PINK GRAPEFRUIT OIL (citrus paradisi):** our essential oil source is certified organic and gently steam-distilled. Like the fruit itself, the essential oil of pink grapefruit is rich in antioxidants. Primarily, it has a wealth of vitamin C. This vitamin, combined with the other antioxidant components present in the oil, boosts our external and internal immune system and fights against the activity of free radicals. This oil helps keeps the skin clean; it is particularly good for treating oily skin and acne, and it also provides a refreshing feeling. It can also be beneficial for treating stiffness and cramps in the muscles. The antiseptic properties of grapefruit essential oil make it perfect for application on bruises, wounds, cuts, and acne to protect them from microbial infections.

**POMEGRANATE OIL (punica granatum):** our oil source is cold-pressed. Pomegranate seed oil stimulates “keratinocytes”, major cells found in the outer layer of the skin. This helps to reverse skin damage, revive skin and reveal a more youthful appearance. contains a unique polyunsaturated oil called “punicic acid”, an omega-5 fatty acid, which has strong anti-inflammatory properties. The oil fends off free radicals to keep skin

ageing at bay. It also provides protection against sun damage. Pomegranate oil contains a human compatible form of pro-estrogen, which supports hormonal balance in both men and women. This helps to improve the texture of the skin.

**PUMICE STONE (pumicite):** our source is derived from volcanic rock. It contains a high amount of natural minerals that help nourish the skin while gently exfoliating deeply. With regular use, it'll help lessen the appearance of scars and fine lines. Pumice is also great for improving blood circulation, skin tone and alleviating dry skin ailments.

**PUMPKIN OIL (cucurbita pepo):** our oil source certified organic and cold-pressed. Pumpkin seed oil is rich in vitamin E, zinc, omega-3 and omega-6 fatty acids as well as antioxidants, therefore it has tremendous benefits for the skin in terms of retaining moisture, fighting free radicals and maintaining a youthful appearance. The high amounts of zinc and vitamin E also improve skin tone, help wounds heal more rapidly, fight acne and help with skin renewal. Lastly, many of the minerals and vitamins have anti-aging effects as well.

## ALPHABETICAL: Q

**QUAIL EGG:** our source is certified organic (free of added hormones and antibiotics). When applied topically it helps alleviate chronic skin conditions like acne, psoriasis and eczema. It's incredibly moisturizing and healing. The yolk is suspended in the albumin; it naturally contains abundant amounts of protein, omegas, trace elements, amino acids and vitamins (A, D, E and K and minerals such as iron, calcium and phosphorus) for strength and vitality.

## ALPHABETICAL: R

**RHASSOUL CLAY:** is a naturally occurring clay that has been in use for centuries. Rhassoul is very rich in minerals and it is an exceptional ingredient in skin and hair care. Though studies have shown that minerals in this clay are helpful in various uses. With regular use, it's known to improve skin texture, reduce dryness, reduce flakiness, improve skin elasticity/ firmness and improve skin clarity.

**RICE BRAN OIL (*oryza sativa*):** our oil source is unrefined and cold-pressed. Vitamin E (tocopherol) is directly connected to the health and wellness of the skin. Free radicals can attack the skin cells and increase the signs of premature aging. Rice bran oil can increase your levels of vitamin E, which can speed up wound healing, increase cellular regeneration, smooth skin, reduce wrinkles and provide protection from sunburn. Vitamin E also helps to boost the protective quality of skin cells, keeping foreign toxins and pathogens from entering through the skin.

**ROSEHIP OIL (*rosa canina*):** our oil source is unrefined and cold-pressed. There are hundreds of products and potential treatments for tightening and toning the skin, but rosehips are one of the best options. The astringent quality of rose hips keeps the skin elastic (while improving blood circulation), so it doesn't develop wrinkles, flaws are easily eliminated, burns and scars quickly heal, and your skin generally looks younger and more vibrant. It's naturally incredibly rich in vitamin A, C, E and various other mineral complexes. Our finest quality oil with minimum 80% essential fatty acid (omega-3 and 6) and fatty acid (omega-9) content deeply hydrate the skin from the inside and out.

**ROSEMARY OIL (*rosmarinus officinalis*):** our essential oil source is gently steam-distilled. It naturally has antimicrobial and antiseptic qualities that make it beneficial in efforts to eliminate eczema, dermatitis, oily skin, and acne. Topical application of the essential oil, or regular massage with the oil helps in toning your skin and removing dryness. It can also give your skin a healthy, even glow when regularly applied. The ability of rosemary essential oil to relieve pain has resulted in its extensive use in treating headaches, muscle pains, rheumatism and even arthritis. It has certain anti-inflammatory qualities as well, which makes it very good for relieving the pain from sprains and joint aches. Furthermore, it is known to stimulate blood circulation, which can relieve pain and also aid in coagulation of wounds for faster healing.

**ROSEWOOD OIL (*aniba rosaeodora*):** our essential oil source is gently steam-distilled. The mild spicy, floral and sweet smell of this oil can serve as an ideal natural deodorant, driving away the bad odour, making you feel refreshed and keeping you safe from bacterial infections with its antibacterial, antiseptic and anti-inflammatory qualities. It's also known for increasing blood circulation and speed up the healing process.

## ALPHABETICAL: S

**SEA BUCKTHORN (*hippophae rhamnoides*):** our essential oil source is certified organic and gently steam-distilled. It has been traditionally used for a wide range of skin ailments for its revered nourishing, regenerative, and restorative actions. Sea Buckthorn oil is used superficially to assist in healing skin injuries, burns, wounds, eczema, lesions, sun damaged skin, and abrasions. Current studies are being performed on its ability to combat wrinkles, acute dryness and other symptoms of prematurely aged skin. This marvelous oil has copious amounts of Phytosterol, vitamin E, beta-carotene, antioxidants and carotenoid which helps to substantiate its relatively high success rate as a skin repairing and conditioning oil.

**SEAWEED POWDER (*ascophyllum nodosum*):** our source is certified organic and unrefined. It's a natural anti-inflammatory, so it can soothe all of the inflammation that's causing those red, painful pimples. simply letting seaweed sit on your skin will draw out any excess fluid, dead cells, and toxins that are preventing the real you from shining through. As an added benefit, getting rid of all of those toxins will make your skin smoother. It's incredibly moisturizing, revitalizing and dense in vital nutrients and healing compounds.

**SHEA BUTTER (*butyrospermum parkii*):** our oil source is certified organic and cold-pressed. The concentration of natural vitamins and fatty acids in shea butter makes it incredibly nourishing and moisturizing for skin. It is often used to remedy dry skin and to help protect the skin's natural oils. Helps reduce skin inflammation and even potentially help avoid skin mutations. This also makes it beneficial for some people with acne. Skin Smoothing: shea butter aids in the skin's natural collagen production and contains oleic, stearic, palmitic and linolenic acids that protect and nourish the skin to prevent drying. With long term use, many people report skin softening and strengthening as well as wrinkle reduction.

**SLIPPERY ELM BARK (*ulmus fulva*):** our source is organic and unrefined. In herbal medicine it is used as one of the best possible poultices for wounds, boils, ulcers, burns and all inflamed surfaces, soothing, healing and reducing pain and inflammation. Used to alleviate psoriasis and eczema with its gentle nourishing elements.

**SPINACH LEAF (*spinacia oleracea*):** our extract source is certified organic. Skin needs certain nutrients for maintaining its health. Green leafy vegetables are great for skin and spinach is no exception. Loaded with most useful vitamins like vitamin A, vitamin C, vitamin E and vitamin K as well as vital minerals, this vegetable plays an important role in skincare. Promotes even skin tone, reduction of excess oils and protects against environmental elements. Also dense in chlorophyll, which is a natural compound used to deodorize the body topically and internally.

**SWEET ALMOND OIL (*prunus dulcis*):** our carrier oil source is certified organic and cold-pressed, mild, hypoallergenic oil good for sensitive skin. Rich in vitamin E, monounsaturated fatty acids, proteins, potassium and zinc, besides a number of other minerals and vitamins, which explains why it is so good for our heart, skin and hair. It softens and dislodges dirt/debris accumulated in skin pores preventing blackheads and acne. It helps remove dark circles, relieving dry and itchy skin. Aids in the restoration of skin pH and reduces wrinkles. Regular application of the oil can protect your skin from oxidative stress and UV radiation damage, keeping it soft and supple.

**SWEET ORANGE OIL (*citrus sinensis*):** our essential oil source is gently steam-distilled. Provides quick and effective relief from inflammation. It can help people avoid both septic, fungal infections and tetanus as they inhibit microbial growth and disinfect the wounds. Aids in increased blood circulation. From an aromatherapy angle, it's great for helping to alleviate depression and anxiety, while promoting a calm mental state.

## ALPHABETICAL: T

**TAMANU OIL (*callophyllum inophyllum*):** our carrier oil source is certified organic and cold-pressed. Applied to wounds in the skin it has the ability to promote formation of new tissue. Also applied liberally to all sorts of scrapes, burns, rashes, insect bites, psoriasis, scars and sunburns. The antimicrobial activity of tamanu has been verified as having moderate activity compared to antibiotics like amoxicillin. Tamanu acts as potent natural anti-inflammatory as well. It offers more than just healing for after you've had too many rays, though. The xanthenes and coumarins in the oil are also potent antioxidants and inhibit the breakdown of cell membranes from free radicals.

**TANGERINE OIL (*citrus reticulata*):** our essential oil source is gently steam-distilled. A cytophylactic is an agent that boosts cellular production and enhances cell division, also stimulating the growth of new cells. Boosted cell production not only promotes

general growth in your body, but also helps repair regular wear and tear of the body. Tangerine essential oil is an effective cytophylactic. Aside from it possessing a wonderfully refreshing scent, it's also incredibly nourishing and moisturizing.

**TEA TREE OIL (*melaleuca alternifolia*):** our essential oil source is gently steam-distilled. The cicatrisant property of this essential oil makes it heal wounds quickly and protects them from infections. Furthermore, it can help neutralize or diminish the scar marks and after spots left by eruptions, boils, pox, and acne. Microbes and pathogens don't stand a chance against this oil, since it is a highly effective antimicrobial substance and antiviral. One of the most healing/ restorative essential oils known to man.

## ALPHABETICAL: V

**VITAMIN C (ascorbic/citric acid):** our vitamin source is Non-GMO. Vitamin C protects our skin from free radicals that develop due to excess exposure to the sun, environmental pollution and regular smoking. The antioxidants in this compound protect the skin from ultraviolet radiation and the effect of sunlight exposure. Helps to reduce sunburns caused by the exposure to ultra violet radiation to a great extent. It not only reduces sunburns but also prevents the consequences of long term sun exposure that can lead to skin cancer. Naturally stimulates collagen synthesis for supple, healthy skin. Collagen also provides the structure for the blood vessels. Without enough nutrients, the skin will become rough and dry. It'll improve the overall appearance and texture of the skin with regular use.

**VITAMIN E (mixed tocopherols):** our vitamin source is Non-GMO and full spectrum. Regular application of vitamin E oil on the skin improves the texture of the skin and helps to get rid of various skin problems. The restorative property of this oil has been scientifically proven. Not only provides the required moisture to the skin, but the presence of antioxidants in it facilitates the healing process in case of an injury. regular application of this oil on the face not only helps in smoothening out the fine lines and wrinkles but it thwarts the chances of their occurrence in the future as well. Thus, it keeps skin tight and firm. It's also effective in soothing minor sunburns. On being applied on the skin, it is readily absorbed by the epidermis and heals the damage caused due to exposure to ultraviolet rays.

## ALPHABETICAL: W

**WALKERVILLE BEER:** our source is local, preservative and chemical free. Rich in naturally occurring minerals, it helps to alleviate dry skin, irritation and redness. When added to soaps, it's incredibly lathering and sudsy. The natural yeast is made up of unicellular micro-organisms called *saccaromyces cereviseae*, which thrive on the skin's surface. Because they are asexual, these tiny organisms can proliferate up to 24 new cells at a time, thus leaving no opportunity for acne-friendly bacteria to take hold on the skin's surface. The bioactive molecule xanthohumol (present in hops) has shown to have antioxidant and anti-cancer effects with regular use.

**WHITE LOTUS (*nymphaea lotus*):** in Ayurvedic Medicine lotus flowers are ground into a paste and applied to the skin, moisturizes the skin and creating youthful looking skin. Naturally occurring and rich in vitamin C, E and a variety of essential minerals that contribute to enhanced skin tone and texture. Properties of the lotus act as an anti-inflammatory and astringent.

**WHITE THYME (*thymus vulgaris*):** our essential oil source is gently steam-distilled. It's a good antiseptic and bactericidal and safeguards wounds and sores against infections. This is mainly due to the presence of components like caryophyllene and camphene in thyme. With regular use, because it acts as a cicatrisant, this property makes scars and other ugly spots on your body vanish. These include the surgical marks, marks left by accidental injuries, acne, pox, measles and sores.

**WINTERGREEN OIL (*gaultheria procumbens*):** our essential oil source is gently steam-distilled. When rubbed on the affected area, this oil is readily absorbed through the skin and the presence of menthyl salicylate induces numbness and an anesthetic effect on the nerves there. It also increases circulation of the blood and brings warmth to the area. In this way, it fights pain. It induces contractions in muscle tissue, skin, blood vessels and hair roots. This results in the contraction of muscles and skin which adds firmness to the muscles and lift to the skin, making you feel better and look younger. When it comes to blood vessels, this contraction helps to curb hemorrhaging from wounded or impacted vessels.

*Although the information provided in this glossary is based on scientific data and historical use, legally speaking, these statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*