

# Natural Skin Care Basics

## *Learn How To Make Natural Skin Care Products*

### **\*\*Hair Care\*\***

Shampoo · Conditioner · Pre-Poo · Hair (mist) Spray

“Save 100’s of dollars a year formulating your own handmade skincare creations” – Demeka Scott



[www.JAMIONPSC.COM](http://www.JAMIONPSC.COM)

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Natural Skin Care Basics

Natural Skin Care Basics – By Demeka Scott

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**Healthy Living Journey**

**Po Box 2443**

**Powder Springs, GA 30127**

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**Disclaimer:** The information provided in this manual is the result of research and experience by Demeka Scott. I have tried to be as precise as possible with the description of the ingredients and the recipes. I do not make any claims regarding any of the ingredients, recipes or medical claims. These products are not intended to diagnose, treat cure or prevent any disease. I suggest each individual to do their own additional research about the safety and storage of each ingredient and the FDA regulations for cosmetics.

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## INTRODUCTION

Are you the next “Kitchen Khemist”? This is a term I like to use to describe people who wish to create their own skincare product by way of their kitchen. This workshop is a great start for those who want to learn the art of making healthy, high quality products that you can use and share with your family and friends.

Before we get started with creating concoctions... I think it's important to understand a little about my background and that if I can make skincare products, so can you.

Demeka is a holistic nutritionist, herbalist, author and owner of Healthy Living Journey. She works with individuals and families, helping them to create a sustainable nutrition plan for a life of wellness and joy.

She offers private counseling sessions in holistic nutrition to teach clients about nutrition, healthy cooking, weight management, and skin care basics.

Demeka began a life of holistic healing after curing her family first from eczema. She completed a course in health, nutrition and fitness at *International Institute of Holistic Healing*, earning a certificate to become a Holistic Nutritional Consultant. While studying at the *International Institute of Holistic Healing* she also became a certified herbalist.

Demeka is the author of “Natural Ways 2 Boost Your Immune System” and “The Kitchen Khemist Guide”. She is also the creator of Jamion Premium Skin Care, an all natural & organic skin care line of bath & body products.

### TAKE A LESSON LEARNED HERE

The first year learning about making my own natural body products was hell. No, seriously...I googled and googled, I looked at youtube clip after youtube clip, just to end up spending money on ingredients I really didn't need in the first place. I've wasted countless hours & money, taking people advice on things they apparently knew nothing about. Every now and then I ran across great information that I still use to this day. My advice would be to research first on the product you're trying to make before spending any amount of money. And make it an absolute habit to write down any good information you find, there is nothing worse than forgetting a wonderful recipe. I have 3 notebooks and 100+ index cards stashed around my desk containing tons of information I learned.

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## **FINDING MY PASSION AFTER A TRAGEDY**

What was I to do with my new found knowledge? Keep it to myself and let you pave your own way...No! I wanted to share it with family, friends and anyone who would listen. After making a number of products for my family and receiving great feedback. I started to feel good about what I was doing and how it was affecting others, but most importantly I realized I had found my passion.

Now the idea of making natural body products didn't manifest overnight, it was out of a tragedy my passion was born. My sister was diagnosed with cancer, the same disease that my father passed away from. And later cancer claimed the life of my sister too. Right before she passed I started to research on how this horrible disease develops in a person body. I was Shocked with my findings. 99% of my home products were TOXIC; cleaning products, beauty products, even the genetically engineered foods we were eating...all toxic.

## **PULLING THE WOOL FROM MY EYES**

How could this be...the government wouldn't allow chemical companies to prey on us...lol. I actually thought there was some imaginary guide-line that you couldn't cross when it came to our health. Did you know chemical companies don't have to list all their ingredients on labels? I am going to stop here because I can go on and on about how our government interest is in making money not sustaining health.

"Only 11% of chemicals used to cosmetics in the US have been studied for health and safety. 89% has unknown effects to them."

You are here to learn about making your life better...Yes! By simply starting to make your own home products is life transforming. Even if you can't get the ingredients you need to make your own products right now, just begin to be aware of what you're buying. Stop letting companies shove their toxic and synthetic products down your throat! We have to start making conscious decisions about the items we choose to buy.

## 2 THINGS YOU NEED TO KNOW

### 1. KNOW YOUR INGREDIENTS

#### Quality

The outcome of your product will vary according to the quality of ingredients. I purchase my ingredients from companies with integrity. I trust the supplier to source them ethically. The ingredients are high quality. If you eat high quality foods you should demand the same for your skin care products.

#### Color and Smell

After purchasing ingredients (don't wait), open and smell them. Know what fresh oils smell like so you can distinguish when they have gone bad and have a rancid smell. Do the same with your herbs, essential oils and other ingredients by noting the color and the smell. The color of the finish product will be affected by ingredients used. Essential oils can turn certain products such as (body butter and cream) yellow or tan. Vegetable oils can turn the color light green, cream and yellow.

#### Storage and Shelf Life

Place a label/sticker on the container with the date it was received or write the date directly on the container. This helps to keep track of its shelf life. Keep a log and record the date, ingredient, supplier and lot #. Know how each ingredient should be stored. Does it need to be refrigerated?

Ask your supplier if it is not stated on the ingredient. Most ingredients should be stored in a cool environment, not exposed to excessive light and kept off the ground.

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## 2. CREATE A FORMULA FIRST

1. Who is the product for?
2. What are the special needs for the skin and the properties you want in the product? (moisturizing, protecting, vitamins, minerals, season: winter is drying)
3. How much product to make and the container to be used?
4. Are you formulating in grams or ounces?
5. Figure out what percentage of water, oils, additives, preservative, emulsifier and essential oils to be used.

6. Your total % should add up to 100%.

7. To do The Math with a Calculator with % key:

Multiply % by yield for amount of ingredient

Example: sunflower oil 10%= take yield: 10 ounces and multiply by 10%, this gives amount of 1.0 ounce.

To do The Math without a Calculator: convert % to decimal figure

Example: Sunflower Oil:  $10\% \div 100 = .10$  (converted to decimal), Now that you have the decimal figure, multiply that amount by the total (yield) of ounces or grams, in this formula, 10 ounces. Sunflower Oil:  $.10 \times 10 \text{ ounces} = 1.0$

**\*note**-make sure and pay attention to the decimal points, example: .01 is a lot less than 1.0

8. After figuring out the amounts of each individual ingredient, add up all the ounces or grams, they should equal the total yield in ounces or grams.

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## **BASIC RULES**

- Never leave natural skin care products in the sun for prolonged periods of time.
- Always use clean dry hands when dipping into a jar.
- Always reseal the container right after usage.
- Always use sterile tools, containers, and working areas, make sure your containers are clean, sterilized and have tight fitting lids. Keep hands clean, even when using your finished products.
- Always store products raw and finished in a cool, dry, dim or dark place (preferably your refrigerator).
- Use your raw materials while they are fresh. Don't let your herbs get stale or your oils go rancid. Use your raw materials within 3 months. Dried herbs and cold-pressed, refrigerated oils may last longer. Expeller oils will stay active and fresh no longer than 6 months, even when refrigerated.
- Always use distilled water and bring it to a quick boil before adding anything to it.
- Products made without water last longer. The least amount of water, the better.
- Use a base that includes Vitamin E oils, tea tree oil, jojoba oil, avocado oil, olive oil, red raspberry seed oil, green tea, aloe vera or honey because of the naturally long lasting-bacteria, mold and fungus fighting qualities they already possess.
- Find a good recipe....Write it down! This is a must if you want to receive the same results.
- Make small batches until you receive the desired results.



## **COSMETIC CHEMICAL DICTIONARY**

### **ALCOHOL**

There are both natural alcohols and synthetic alcohols. Synthetic alcohol such as isopropyl alcohol is a petroleum compound; it has a strong odor and is a cheaper raw material. The "SD" alcohols (the SD stands for "specially denatured") are also not natural, they are grain alcohols with various substances added to them to prevent their being rebottled and sold as beverages i.e. SD alcohol 40. The natural alcohols are made by fermentation of starch, sugar, grains and various carbohydrates.

Alcohol can dissolve fat, like your skin's sebum, and strong alcohol solutions can be drying to the skin. This, of course, depends of the type of product and alcohol used. Natural alcohols are better tolerated by the skin.

### **ALDEHYDES**

Volatile compounds often used in perfumes and in preservatives which can be toxic and cause allergic reactions.

### **ALGINATES**

These chemicals are used as binders and emulsifiers. They are synthetically compounded and have caused many allergic reactions.

**ALUMINUM CHEMICALS** (i.e. aluminum allantoin ate, aluminum carbonate, aluminum chloride) Aluminum is an ingredient in antiperspirants (deodorants), antacids, and antiseptics. It clogs the pores of the skin, blocks blood flow and drains electrical energy from the body and brain. Aluminum can contribute to nerves overheating resulting in irritability and pain. It can build up in the body through the use of cosmetics, food and cookware that contain this metal. Aluminum has been implicated in some forms of senility (Alzheimer's)... Avoid it.

### **AMPHOTERIC COMPOUNDS**

Sometimes used in cosmetics e.g. there are several synthetic surfactants (i.e. amphoteric coconut betaine) that may contain some coconut oil, tallow, etc but they also contain synthetic chemicals such as alkyl amino propionates, sodium alkyl sulphates and triethanolamine (TEA). They are very drying to hair and skin, they cause allergic reactions and their toxicity is unknown. Avoid them.

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**2-BROMO-2-NITROPROPANE-1, 3-DIOLE**

A preservative and solvent used in cosmetics. It is toxic. There are many allergic reactions to this synthetic chemical.

**BUTYLATED HYDROXY ANISOLE (BHA)**

Like BHT, this is a synthetic antioxidant often used to retard rancidity of oils in foods and cosmetics. It is toxic and causes allergic reactions!

**CARBOMER 934 & 40**

A resin used to thicken, stabilize and prevent freeze damage of cosmetics. There have been allergic reactions to this. Toxic!

**CARBOXYMETHYL CELLULOSE**

Cellulose gum is the sodium salt of the polycarboxymethyl ester of cellulose. It is used as an emulsifier in cosmetic creams to help provide uniform viscosity. Can cause allergic reactions in some people. The National Cancer Institute has said that cellulose gum is dangerous and has caused arterial lesions similar to those caused by high cholesterol. The effect of this substance used in a cosmetic when absorbed by the body is not known.

**CETEARYL ALCOHOL**

A combination of fatty alcohols consisting chiefly of n-hexadecanol. When produced synthetically it is less expensive and has a slight toxicity. In its natural pure form it is derived from coconut oil as a fatty acid and is of a superior quality with no toxicity or allergic reactions.

**CETYL LACTATE, MYRISTATE, PALMITATE, STERATE**

The esters of cetyl alcohol and lactic acid, myristic acid, palmitic acid, stearic acid, respectively. These are fatty acids and when compounded naturally they are safe in cosmetics.

They act as emulsifiers and emollients. Non-toxic. But when they appear on a cosmetic they may be natural or synthetic, depending on the manufacturer.

**COCOMIDE DEA**

A mixture of ethanol amides of coconut acid used for a lather-builder and thickener in shampoos and other cosmetics. Coconut acid is compounded with synthetic chemicals and can cause allergic reactions and desiccation of skin, scalp and hair. Toxic!

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**COCOMIAD PROPYL BETAINE**

Derived from the salts of coconut oil and combined with synthetic chemicals. Used in cosmetics as a foaming and cleaning agent. Many allergic reactions. Causes dryness to hair and skin. Toxic!

**COLLAGEN**

Dermal protein that is, when used in cosmetics, a beef by-product. Your body is largely collagen which, as a result of aging, becomes cross linked (like vulcanized rubber or stale jelly) and insoluble.

Insoluble collagen is low in the amino acid hydroxyproline and cannot be absorbed by the skin. Understand that the collagen molecule cannot penetrate the skin because it is too large to be absorbed by the epidermis (skin). It provides a slippery coating on the skin and suffocates it. It does not nourish the skin or add to human collagen.

**D&C, FD&C COLORS (Coal Tar)**

This term refers to “Drug” and “Cosmetic” colors which have been approved by the FDA for use in drugs and cosmetics. FD&C colors have been approved for use in foods, drugs and cosmetics. All of these colors are toxic because most contain synthetic coal or tar substances and Azo chemicals. Cancer causing, color pigments which cause skin sensitivity, irritation, depletion of oxygen in the body and death. They are dangerous, unnecessary and toxic, avoid them!

**DECYL OLEATE**

This is a mixture of coconut and synthetic chemicals that is used to help absorb cosmetic oils. It causes many allergic reactions and skin irritations. Its toxicity is unknown, especially when absorbed into the body with the other chemicals it is compounded into.

**EDTA (Ethylenedinitrilo)**

This is a synthetic chemical used to soften water and consume metal or mineral irons, which is toxic, although found in paint thinners and nail polish removers. DHA can turn the skin orange or stain clothing. When it does get into the body its effect is unknown. Avoid this substance!

**FORMALDEHYDE**

Used as a preservative, fungicide and to reduce bacteria count in solutions. It may also be used under the trade name formalin. It is not used too often in cosmetics because of its overpowering odor, but it can cause allergic reactions. Potentially carcinogenic and definitely toxic!

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**FRAGRANCE** (Perfume, Cologne)

A combination of up to 4,000 ingredients found in fragrances. It is used in most deodorants, shampoos, skincare, body care and baby care products. Many compounds in fragrance are carcinogenic or otherwise toxic. Fragrances can cause headaches, dizziness, rashes, skin discoloration, coughing and vomiting, and allergic skin irritation, depression, hyperactivity, irritability, inability to cope, and other behavioral changes.

**GLYCOLS**

Glycerin combined with alcohol to form a syrupy humectant. When used in makeup it helps the foundation adhere to the skin. Propylene glycol is one very commonly used synthetic glycol. Most glycols are synthetic and toxic.

**HYDROLYZED PROTEIN**

This is natural protein from animal or vegetable sources that has been broken down with synthetic chemicals. Animal protein has been found to be similar in molecular structure to hair. The hydrolyzed protein should however be avoided in favor of completely natural protein that does not contain synthetic chemicals.

**IMADAZOLINDINYL UREA**

Anti-bacterial agent used in cosmetics to prolong shelf life. Causes allergic reactions, skin rashes. Toxicity unknown!

**ISOPROPYL MYRISTATE**

A partly natural, partly synthetic chemical used in cosmetics to reduce the greasy feel due to the high oil content of some ingredients. Causes Allergic reactions and toxicity unknown.

**ISOPROPYL PALMITATE & LANOLATE**

Is coconut and lanolin derived but contains synthetic chemicals. This chemical is used in moisturizing creams to promote absorption of oils into the skin. Allergic reactions. The actual toxicity is unknown when absorbed into the body.

NOTE: The isopropyl type fatty acids and chemicals are considered synthetic, not natural. They can cause skin rashes and allergic reactions in many people.

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### **LAURAMIDE DEA**

A partly natural, partly synthetic chemical used to build lather and thicken various cosmetic products. Also used in dishwashing detergents for its grease cutting ability. Can be drying to the hair, cause skin and scalp itching and allergic reactions.

### **LANOLIN**

The extract from wool fat. Lanolin is used as an absorption base for moisturizers and hair products. Usually non-toxic.

### **METHYL PARABEN, PROPYL PARABEN, BUTYL PARABEN**

Used as inhibitors of microbial growth and to extend shelf life of cosmetics. Widely used even though it is known to be toxic and has caused many allergic reactions and skin rashes. Methyl Paraben combines benzoic acid with the methyl group of chemicals. Toxic synthetic chemical!

### **MINERAL OIL**

Oil manufactured from crude oil. It is a mixture of liquid hydrocarbons separated from petroleum. Dr T G Randolph, an allergist, has found that this and many other cosmetic chemicals cause petrochemical hypersensitivity. The allergic reactions can become quite serious in time leading to arthritis, migraines, epilepsy and diabetes!

Mineral Oil does not penetrate the skin and can produce symptoms the same as dry skin by stopping the natural moisturizing factor of the skin. Mineral Oil can dissolve the skin's own natural oil and increase dehydration of the skin. Baby oil is 100% Mineral Oil, which coats the skin like liquid plastic....this is heart-breaking when you think about a helpless baby :-)

### **OLEYL BETAINE**

A synthetic surfactant used for anti-static action in shampoos and hair lotions. It causes dandruff, drying of hair and skin, allergic reactions and could be toxic when absorbed into the body!

### **PALM KERNALAMIDE DEA**

A partly natural and partly synthetic cleaning and thickening agent. Can cause dry hair and skin, allergic reactions and eye irritations!

### **PEG (POLYETHELENE GLYCOL)**

A softener and binder widely used in cosmetics. A petroleum product. Allergic reactions. Toxic!

\*Any product used in cosmetics with the letters PEG is a petroleum product and should be avoided.

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**PROPYLENE GLYCOL**

Ideally, this is vegetable glycerin mixed with grain alcohol, both of which are natural. Actually, though, it is usually a synthetic petrochemical mix used as a humectant, which has been known to cause allergic and toxic reactions. Avoid! Propylene Glycol is often used in cosmetics to assist in the gliding feeling cosmetic companies so often try to achieve.

**PROPYLENE GLYCOL STEARATE**

Combinations of petroleum derivatives, carbon salts and vegetable alcohol derivatives. Used as an emulsifier in cosmetic creams. Can cause allergic reactions, skin rashes, and could be toxic when absorbed into the body.

**SODIUM LAURYL SULFATE, SODIUM SULFATE, SODIUM LAURETH SULFATE**

These synthetic substances are used in shampoos for their detergent and foam building abilities. They can cause eye irritations, skin rashes, hair loss, scalp scurf similar to dandruff and allergic reactions.

They are frequently disguised in pseudo-natural cosmetics with the parenthetic explanation “comes with coconut”. Let’s not give the coconut a bad name and AVOID products with sodium lauryl sulphate etc.

**TALC**

A soft grey-green mineral that is processed. It causes cancer, cyst and tumors. If inhaled it causes respiratory problems.

**TRIETHANOLAMINE, DIETHANOLAMINE**

Often used in cosmetics to adjust the pH level and are used with many fatty acids to convert acids to salt, which then becomes the base for the cleaners.

Can cause allergic reactions including eye problems, dryness of hair and skin.

“The ingredients listed here are only a few (mostly the main ones used today). Unfortunately there are hundreds more.  
Pull some products out of your counters!  
Have you been applying any of these chemicals to your skin?”

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## WHY COSMETIC COMPANIES USE CHEMICALS

With the growing demand for natural products many companies are jumping on the bandwagon to produce “natural products”. Every company is different and so are their ingredients. If a company wants to produce products mainstream they must have a product that can sustain shelf life (hear lies the problem).

Longer shelf life = synthetic preservative (toxic chemicals).

What most cosmetic companies strive to maintain is:

- A stable product over a huge range of temperature variations.
- A formula that will not separate. (They generally use fully synthetic emulsifiers).
- A product that will not go bad (rancid) and have a shelf life of at least 3 years.
- And a product that will apply smoothly to the skin.

They're also four main reasons why companies use chemicals.

“It’s been found that some preservatives, once absorbed by the body, store in our organs and continue working in our body for long periods of time. I don’t know about you, but just the idea of chemicals being stored in my organs makes me feel terrified! Studies have proven that many ingredients used in commercial personal care products are cancer causing – but they keep using them!”

Another reason they use chemicals is “Profit Margin”...this is obviously their main driving factor as their products need to meet a very specific price point.

When you consider how many millions of dollars are spent on paying a well known entertainer to advertise the product, what actually goes into the bottle is usually a concoction of very cheap chemical ingredients.... pretty slick huh?

Other considerations in retail cosmetics are the feel and fragrance of the product. Many large cosmetic companies have their preparations tested by a panel of volunteers to get feedback on how they feel on the skin. You’ll be surprised how many cosmetics contain *propylene glycol* because it gives a “gliding feeling” on the skin. *Unfortunately, it’s also used in car engines and is considered cancer causing...* again, pretty slick huh?

## FACTS ABOUT THE LARGEST ORGAN (SKIN)

What does your skin do for you?

**It regulates our temperature by maintaining a constant blood supply and by the evaporation of sweat from the surface of the skin.**

A healthy body's temperature is 37°C, and varies slightly during the day. This is controlled by the heat regulating centre of the brain. Heat is produced by the chemical processes of the metabolism taking place in the muscles, but also to a lesser extent in the liver and other glandular structures.

- The sweat glands in the skin bring the sweat to the surface in order to cool the skin.
- The blood supply will either eliminate heat from the body by bringing more blood to the surface, or keep the body warm by keeping blood away from the surface of the skin..... pretty amazing hey!
- It also protects our internal structure from bacterial invasion and minor injury while containing bodily fluids and acting somewhat like a "raincoat" to outside fluids.

**The skin is also responsible for the secretion of toxins and body fluids.**

Our skin contains sebaceous glands that secrete our naturally produced skin oil called sebum.

This combines with perspiration to form a thin film over the entire surface of the skin which performs several important functions such as temperature regulation, protection against bacterial infection and keeping the skin supple and intact.

*{ "Did you know that your skin is the largest organ in your body?" }*

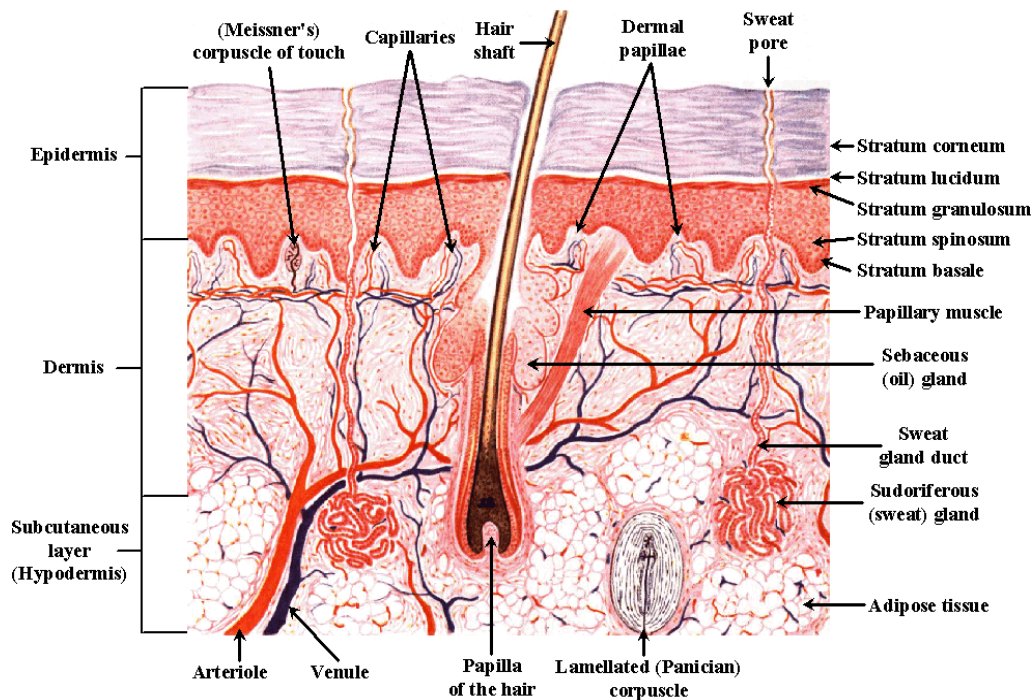
Our skin is also self healing and self replacing. Have you ever noticed that your skin becomes a little thicker if exposed to wear and tear? A great example of this is the skin on the soles of your feet.



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### Structure Of The Skin



The skin is composed of two principal layers:

1. *Epidermis* - Outer layer
2. *Dermis* - Inner layer

#### Epidermis

Five different layers are distinguished in the epidermis of the skin which varies in the thickness from place to place. These are:

##### 1. Stratum Basale:

- This forms the deepest layer of the skin cells.
- These cells are capable of quick cell division.
- Daughter cells are pushed toward the surface so that they can provide a constant replenishment for the cells which have been lost from the surface.

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2. Stratum Spinosum:

- This is commonly referred to as the prickle cell layer.
- It is derived from basal cell layer by cell division.
- They are not so tightly packed; therefore differ in form, being separated from each other by narrow spaces.

3. Stratum Granulosem:

- This layer consists of granules of Keratin (colorless protein) which is a thick, white substance.

4. Stratum Lucidum:

- These cells are clear; they have a flattened shape and do not possess nuclei.

5. Stratum Corneum:

- These cells are composed mostly of Keratin.
- It consists of many layers of flattened scale like dead cells.
- These are shed from the surface as flakes.

Amongst the deeper cells of the epidermis are a number of branching cells called melanoblasts. These produce the pigment called melanin. The color of the skin and hair depend on the amount of melanin and other pigments in the epidermis. You can increase these pigments by moderating your exposure to the sun, in turn the increased pigmentation then helps protect the deeper layers from the sun.

### *Dermis*

The dermis is attached to the epidermis by projections from the dermis called papillae. The dermis is also the inner layer which consists of fibers and connective tissue. The Dermis contains:

- Sweat glands
- Sebaceous glands
- Nerve fibers
- Nerve endings
- Blood vessels
- Capillaries
- Hair follicles

The elasticity of the fibers is the reason why the skin fits the body so well. Capillaries extend into the dermal ridges or papillae but DO NOT enter the epidermis. Lymphatic and nerve fibers are also found in the dermis. Most of the nerves in the skin carry different forms of sensation, some of them ending in the deeper layers of the epidermis.

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The latter are pain endings so that although an injury that is confined only to the epidermis will not bleed, it may however become painful. Under the dermis is a layer of adipose tissue (fat) which acts as a food store and keeps the body warm.

**“Look after your skin, keep it clean, eat healthy foods, stay away from chemicals and always use natural products for external treatment!”**

## TEST YOUR LEARNING

What 2 factors help us decide what ingredients to use in our formulations?

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Why do cosmetic companies use chemicals in skin care?

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What chemical ingredient leaves a “gliding feeling” when applied to the skin?

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In your view, why are your skin care products superior to mass produced commercial products?

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What can you do to minimize contamination of your natural products?

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**Name at least three benefits of our largest living organ..... SKIN**

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**Briefly describe the skin and its two different layers**

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**Go through your products at home and use the chemical ingredients guide to list five of the most common chemicals used in skin care and why they're harmful for your body.**

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## **EQUIPMENT NEEDED**

- Hand Stick Blender
- Measuring Cup Set
- Measuring Spoon Set
- Liquid Measuring Glass Cup (preferably 2 cups)
- Scale (weighs in ounces & grams)
- Large Mixing Bowl
- Medium-Small Mixing Bowl (glass-pyrex)
- Spatula
- Stainless Steel Pot
- Skewers (optional)

## RECIPES

### Shampoo

Yield: 8oz

Prep Time: 20 minutes

Shelf Life: 6-12 months

#### Ingredients:

2.5 oz African Black Soap

5.5 oz Distilled Water

1 tbsp Aloe Vera Gel or Juice

1 tbsp Hemp Seed Oil

½ tsp Vitamin E (helps to preserve)

1-2 drops (each) Essential Oils of; Sage, Tea Tree, Rosemary, Peppermint

#### Blending Procedure:

- Chop African Black Soap into small pea size pieces. Place into mixing bowl.
- Boil distilled water.
- Add water into mixing bowl with soap, stir for a few minutes.
- Add remaining ingredients into bowl; continue to mix for a few more minutes.
- Place ingredients into desired container and close tightly.
- Leave to synergize for 2 days, make sure to shake to bottle up to further mix your ingredients up.

#### To Use:

- When you're ready to use this mix, shake up a few times to combine the ingredients. They will separate over time.
- Wet hair and apply desired amount...rinse out completely.

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## **Hair Conditioner**

Yield: 2oz

Prep Time: Less than 5 minutes

Shelf Life: Indefinite (depends on carrier oil)

### **Ingredients:**

2oz Carrier Oil

15-20 drops Essential Oils

### **Blending Procedure:**

- Blend oils together in the container you wish to keep your oil in (make sure to mix them well).

### **To Use:**

- Apply to your hair after shampooing...leave in for ultra moisturizing and sheen.



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**Pre-Poo**

Yield: ½ Cup

Prep Time: 15 minutes

Shelf Life: 1 time use

**Ingredients:**

½ cup Mayonnaise (mayo not miracle whip)

½ cup Coconut Milk

2tbsp Olive Oil

2tbsp Aloe Vera Juice (gel)

1tbsp Honey

1tbsp Avocado Oil

1tbsp Vitamin E Oil

½ ml Rosemary & Sage Essential Oil

**Blending Procedure:**

- In your mixing bowl combine all ingredients together.
- Mix until all your ingredients are incorporated.
- Apply to your hair.

**To Use:**

- This mix is to be used on your hair.
- You can apply to dry or damp hair.
- Part your hair into sections and apply evenly, comb through your hair.
- Cover your head with a plastic bag for 20-30 minutes. Rinse out.

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## **Hair Grow Spray**

Yield: 8ozs

Prep Time: Less than 10 minutes

Shelf Life: Indefinite

### **Ingredients:**

8oz Distilled Water

2 tbsp Vegetable Glycerin

2 tbsp Aloe Vera Juice

2 tbsp MSM Powder (natural sulphur)

10 drops Rosemary Essential Oil

5 drops Peppermint Essential Oil

5 drops Tea Tree Essential Oil

### **Blending Procedure:**

- In a mixing bowl add msm powder, dilute with a few tbsp of water.
- Add this mixture to your bottle you will be storing this glycerin mix in.
- Next add your Aloe Vera juice, vegetable glycerin and water.
- Last, add your essential oils, shake your bottle...Voila it's ready to use!

### **To Use:**

- This mix is to be used on your hair and scalp.
- You can apply to dry or damp hair.
- Spray onto your scalp and hair daily.

## SKIN TYPES

*“To check which skin type you have, grab a piece of tissue or cotton pad and wipe your face.”*

### **Normal Skin ...**

If your skin belongs to a normal type, the tissue will not reveal any traces of oil. Your skin should feel vibrant, elastic, and supple. Normal skin is the least problematic type.

It looks clean and smooth and has a good circulation and healthy complexion. Even with a minimum care, it will look good well into your advanced age.

### **Dry Skin ...**

If your skin is dry, the paper will be clean, too, but your face skin will feel flaky, dry, and tight after you have wiped it.

Dry skin can easily develop a sallow tone, wrinkles, and fine pores, and it is very prone to aging and irritating. It might still look great on a young person, but, to keep it healthy, you should apply thorough care and use regular treatment with natural masks and moisturizers.

*Use essential oils that are balancing, moisture enhancing, regulating and toning.*

### **Oily Skin ...**

If you have oily skin, the paper will have spots of facial oil on it, corresponding to the areas of your cheeks, nose, and forehead. Oily skin is problematic – it usually looks greasy, thick, coarse, and shiny, has enlarged pores, and tends to break into acne.

A good thing, though, is that oily skin is not prone much to aging and wrinkling. Careful cleaning, minimizing of carbohydrate consumption, and avoiding rich creams can be helpful in improving the quality of oily skin.

*Use essential oils that are balancing, anti-bacterial, toning and astringent.*

### **Combination Skin ...**

If your skin is combination, like that of most women, the tissue will have traces of oil coming from your nose and forehead, but will be clean in the areas that touched your cheeks.

Combination skin has patches of both dry and oily skin, and it requires different types of care in relation to particular facial areas.

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Dry zones, which are usually located on the cheeks and around the eyes, should be treated with rich creams and moisturizers, while oily areas, usually on the forehead and nose, will benefit from frequent and thorough cleaning.

*Use essential oils that regulate, balance, and suggested for dry and oily skin.*

***Sensitive Skin ...***

Sensitive skin is usually very dry, tends to feel tight, and becomes inflamed and irritated easily. Typically, sensitive skin develops reddish and scaly areas, can be itchy and tingly, and is prone to breaking into spots. It is the most problematic and fragile type of skin, which needs a very special type of care.

*Use essential oils that are relaxing, soothing and calming.*

***Mature Skin (aging skin)...***

May show fine lines and wrinkles starting to form on the face. The skin may appear to lack vibrancy and moisture and may show signs of pigmentation (discoloration-dark spots) and sagging. The skin may show broken capillaries also called couperose skin.

Couperose skin has tiny dilated capillaries around the nose, cheeks and is usually dry, thin and delicate and is aggravated with extreme temperatures.

Essential oils can help to reduce and slow down the aging of the skin. Use essential oils with properties that are rejuvenating, moisture enhancing, wrinkle reducing, anti-inflammatory and promote elasticity.

{ “Now that you have figured out what type of skin you have you need  
to make sure you use the right ingredients when making your mixes” }

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## CHARTS

### ESSENTIAL OIL AMOUNTS FOR USE IN HAIR CARE PRODUCTS

<b>For the Body</b>		<b>*See Face Care Class Manual</b>
Bath Salts		
Body Lotion		
Body Oil		
Body Scrub		
Bath		
Shower		
<b>For the Face</b>		<b>*See Face Care Class Manual</b>
Facial Cream		
Facial Masks		
Facial Mist/Toner		
Facial Oil		
Facial Steam		
<b>For the Hair</b>	<b>Product Amount</b>	<b>Essential Oil</b>
Shampoo	1 ounce	6-9 drops
Conditioner	1 ounce	12 drops
Hair Oil	1 ounce	12 drops

Safety: Use ½ or less of the suggested amounts for children, pregnant women and elderly.

Conversion Rates	
12 drops = 1/8 teaspoon	200 drops = 2 teaspoon
25 drops = ¼ teaspoon	300 drops = 3 teaspoon
50 drops = ½ teaspoon	400 drops = 4 teaspoon
100 drops = 1 teaspoon	500 drops = 5 teaspoon

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## CHARTS

### REFERENCE CHART: Essential Oils for Skin Type

This is a general chart for quick reference. The highlighted essential oils are the ones more commonly used for each skin type. This does not mean they are better. There are many factors involved in choosing essential oils. Research the essential oil and understand the properties of that essential oil and why it is used for a particular skin type. This will help to choose the best essential oil for skin type.

### NORMAL SKIN

<ul style="list-style-type: none"> <li>• benzoin</li> <li>• bergamot FCF</li> <li>• cedarwood</li> <li>• chamomile German</li> <li>• chamomile Roman</li> <li>• <b>clary sage</b></li> <li>• <b>fennel</b></li> <li>• frankincense</li> <li>• <b>geranium, rose</b></li> <li>• helichrysum</li> <li>• jasmine</li> <li>• <b>lavender</b></li> <li>• lavender, spike</li> <li>• lemon</li> </ul>	<ul style="list-style-type: none"> <li>• mandarin</li> <li>• <b>neroli</b></li> <li>• <b>palmarosa</b></li> <li>• patchouli</li> <li>• <b>rose absolute</b></li> <li>• rose otto</li> <li>• rosemary</li> <li>• rosemary verbenone</li> <li>• rosewood</li> <li>• sandalwood</li> <li>• spikenard</li> <li>• thyme linalol</li> <li>• yang ylang</li> </ul>
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### DRY SKIN

<ul style="list-style-type: none"> <li>• benzoin</li> <li>• bergamot FCF</li> <li>• <b>carrot seed</b></li> <li>• cedarwood</li> <li>• chamomile, German</li> <li>• chamomile, Roman</li> <li>• cistus</li> <li>• <b>clary sage</b></li> <li>• <b>fennel</b></li> <li>• frankincense</li> <li>• <b>geranium, rose</b></li> <li>• helichrysum</li> <li>• <b>jasmine</b></li> <li>• <b>lavender</b></li> <li>• lavender, spike</li> <li>• lavandin</li> <li>• <b>Moroccan blue chamomile</b></li> <li>• myrrh</li> <li>• <b>neroli</b></li> </ul>	<ul style="list-style-type: none"> <li>• orange, sweet</li> <li>• <b>palmarosa</b></li> <li>• <b>patchouli</b></li> <li>• peppermint</li> <li>• <b>petitgrain</b></li> <li>• <b>rose absolute</b></li> <li>• rose otto</li> <li>• <b>rosemary</b></li> <li>• <b>rosemary verbenone</b></li> <li>• rosewood</li> <li>• <b>sandalwood</b></li> <li>• <b>spikenard</b></li> <li>• <b>ylang ylang</b></li> </ul> <p><i>Sensitive</i> chamomile, frankincense, jasmine, lavender, neroli, rose, sandalwood  <i>Dehydrated</i> chamomile, geranium, lavender, neroli, rose, sandalwood</p>
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**OILY SKIN**

<ul style="list-style-type: none"> <li>• bergamot FCF</li> <li>• carrot seed</li> <li>• cedarwood, Atlas and Virginian</li> <li>• cistus</li> <li>• clary sage</li> <li>• cypress</li> <li>• eucalyptus dives</li> <li>• fennel</li> <li>• frankincense</li> <li>• geranium</li> <li>• grapefruit</li> <li>• jasmine</li> <li>• juniper berry</li> <li>• lavender</li> <li>• spike lavender</li> <li>• lemon</li> <li>• lemongrass</li> <li>• lime (steam distilled)</li> <li>• litsea cubeba</li> <li>• mandarin</li> <li>• melissa</li> <li>• green myrtle</li> </ul>	<ul style="list-style-type: none"> <li>• orange, sweet</li> <li>• palmarosa</li> <li>• patchouli</li> <li>• petitgrain</li> <li>• rose absolute</li> <li>• rose otto</li> <li>• rosemary</li> <li>• rosemary verbenone</li> <li>• rosewood</li> <li>• sandalwood</li> <li>• tangerine</li> <li>• tea tree</li> <li>• thyme linalool</li> <li>• vetiver</li> <li>• ylang ylang</li> </ul> <p><i>Sensitive</i> frankincense, jasmine, lavender, mandarin, neroli, rose, sandalwood</p>
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**COMBINATION SKIN**

<ul style="list-style-type: none"> <li>• chamomile, German</li> <li>• chamomile, Roman</li> <li>• cedarwood</li> <li>• clary sage</li> <li>• cypress</li> <li>• fennel</li> <li>• frankincense</li> <li>• geranium</li> <li>• grapefruit</li> <li>• jasmine</li> <li>• lavender</li> <li>• lemon</li> <li>• mandarin</li> </ul>	<ul style="list-style-type: none"> <li>• neroli</li> <li>• orange</li> <li>• palmarosa</li> <li>• patchouli</li> <li>• peppermint</li> <li>• rose absolute</li> <li>• rose otto</li> <li>• rosemary</li> <li>• rosemary verbenone</li> <li>• rosewood</li> <li>• sandalwood</li> <li>• ylang ylang</li> </ul>
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**SENSITIVE SKIN**

carrot seed <b>chamomile, cape</b> <b>chamomile, German</b> <b>chamomile, Roman</b> clary sage cypress frankincense geranium, rose helichrysum jasmine juniper berry <b>lavender</b> ( in low amounts) lavender, spike lavandin lemon myrrh <b>neroli</b> orange, sweet	<b>rose absolute</b> rose otto rosemary rosewood sandalwood thyme linalol tea tree mandarin myrrh orange, sweet tea tree tangerine sandalwood  <b>Hormone Reactive</b> helichrysum <b>Ingredient Reactive</b> chamomile, lavender <b>Stress Reactive</b> geranium, lavender, orange
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**SKIN CARE CARRIER OILS**

Oil	Normal Skin	Dry Skin	Oily Skin	Sensitive Skin	Mature Skin	Shelf life
Almond	X	X	X	X	X	1 yr
Apricot	X	X	X	<b>X</b>	X	1 yr
Avocado		<b>X</b>		X	<b>X</b>	8 m
Borage seed*		<b>X</b>		<b>X</b>	<b>X</b>	3-6 m
Evening Primrose*		<b>X</b>		<b>X</b>	<b>X</b>	6 m
Grape Seed	X		<b>X</b>	X		1 yr
Hazelnut	X	X	<b>X</b>	<b>X</b>	X	8 m
Hemp Seed*	X	<b>X</b>	X	X	<b>X</b>	8 m
Jojoba	X	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	2-3 yr
Kukui nut		<b>X</b>		X	<b>X</b>	1 yr
Macadamia nut	X	<b>X</b>	X	<b>X</b>	<b>X</b>	1 yr
Meadowfoam seed		<b>X</b>			<b>X</b>	2-3 yr
Olive	X	<b>X</b>	X	X	<b>X</b>	1 yr
Rosehip Seed*	X	<b>X</b>	X	X	<b>X</b>	1 yr
Safflower	X	X	<b>X</b>	X	X	1 yr
Sea Buckthorn	X	<b>X</b>	X	X	<b>X</b>	2-3 yr
Sunflower		<b>X</b>			<b>X</b>	1 yr
Tamanu					<b>X</b>	1 yr
Vitamin E	X	X	X	X	X	2-3 yr
Wheat germ*	<b>X</b>	<b>X</b>			<b>X</b>	6-8 m

Highlighted X is best for skin type

\* = refrigerate

m = months

yr = year

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**REFERENCE CHART: Essential Oils for Hair Type**

This is a general chart for quick reference. For the scalp, refer to the properties of essential oils for the skin. Research the essential oil and understand the properties of that essential oil and why it is used.

**MOST HAIR TYPES**

<ul style="list-style-type: none"> <li>• bergamot</li> <li>• bay</li> <li>• calendula CO2</li> <li>• lavender</li> <li>• lavandin</li> <li>• lime</li> <li>• litsea cubeba</li> </ul>	<ul style="list-style-type: none"> <li>• mandarin</li> <li>• myrrh</li> <li>• orange, sweet</li> <li>• palmarosa</li> <li>• sage, petite feuilles</li> <li>• sea buckthorn</li> <li>• tangerine</li> </ul>
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**DRY HAIR**

<ul style="list-style-type: none"> <li>• carrot seed</li> <li>• calendula CO2</li> <li>• clary sage</li> <li>• geranium, rose</li> <li>• lavender</li> <li>• myrrh</li> </ul>	<ul style="list-style-type: none"> <li>• neroli</li> <li>• palmarosa</li> <li>• patchouli</li> <li>• petitgrain</li> <li>• thyme linalol</li> </ul>
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**OILY HAIR**

<ul style="list-style-type: none"> <li>• bergamot</li> <li>• clary sage</li> <li>• cypress</li> <li>• geranium, rose</li> <li>• lavender</li> <li>• lavandin</li> <li>• lemon</li> <li>• lemongrass</li> </ul>	<ul style="list-style-type: none"> <li>• lime</li> <li>• litsea cubeba</li> <li>• myrtle, green</li> <li>• palmarosa</li> <li>• petitgrain</li> <li>• tangerine</li> <li>• tea tree</li> </ul>
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**HAIR CARE OILS**

<b>Oil</b>	<b>Most Hair</b>	<b>Dry Hair</b>	<b>Oily Skin</b>
Almond	X	X	X
Apricot	X	X	X
Avocado		<b>X</b>	
Borage Seed*		<b>X</b>	
Broccoli Seed	X	X	X
Evening Primrose*		<b>X</b>	
Grape Seed	X		<b>X</b>
Hazelnut	X	X	<b>X</b>
Hemp Seed*	X	X	<b>X</b>
Jojoba	X	<b>X</b>	<b>X</b>
Kukui nut		<b>X</b>	
Macadamia Nut	X	X	X
Meadowfoam Seed		X	
Olive	X	<b>X</b>	X
Rosehip Seed*	X	<b>X</b>	X
Safflower	X	X	<b>X</b>
Sea Buckthorn	X	<b>X</b>	X
Sunflower		<b>X</b>	
Tamanu			

Highlighted **X** is best for hair type

\* = refrigerate

m = months

yr = year

## GLOSSARY

- Acacia Flower:** Moisturizer. Nourishes and moisturizes the skin, provides subtle, natural fragrance.
- Acai Berry:** Regenerating. Nourishing with high antioxidant, phytonutrient and vitamin content to improve skin tone.
- Acidophilus:** Regulates yeast and reintroduces healthy bacteria into the body.
- Agnus Castus Extract:** Balancer, flavonoids. Relieves ailments due to hormone imbalance.
- Alfalfa:** Astringent, phyto-estrogen rich. Tones and restores the health of the skin.
- Algae (whole plant):** Moisturizer and emollient. Revitalizes and renews the skin, moisturizes and gently lubricates.
- Almond (crushed):** Emollient, antioxidant. Supplies vitamin E oils, refines epidermis, revitalizes and enriches the skin.
- Aloe Vera:** Healer, moisturizer. Calms irritated skin; it works to alleviate the effects of UV radiation, hydrates and softens the skin.
- Anise:** Antioxidant, antibacterial agent. Calms irritations, disinfects, and aids in the healing of the skin.
- Apple (whole fruit):** Toner, nutrient. Nourishes deprived skin, tones and rejuvenates the skin.
- Apple Extract:** Toner and nutrient concentrate. Supplies vitamins and nutrients, acts as an antioxidant and a toning agent.
- Apricot Juice:** Antioxidant, moisturizer. Revitalizes and hydrates the skin, provides essential vitamins and nutrients.
- Apricot Kernel Oil:** High in vitamins A, C and E with skin softening properties. Assists the skin in retaining elasticity, clarity, and suppleness.
- Asafetida Juice:** Healing, restorative. Promotes bright even, skin tone and lightens pigmentation.
- Atlas Cedar:** Anti-seborrheic, astringent. Reduces redness of the skin.
- Avocado Oil:** Antioxidant, moisturizer. Rich in proteins, amino acids and vitamins.
- Balm Mint Oil:** Anti-bacterial, anti-inflammatory. Calms and soothes the skin.
- Bamboo Leaf Extract:** Contains soluble and insoluble fiber, antioxidants, proteins, vitamins and minerals for strong skin.
- Barley:** Natural exfoliant and antioxidant. Effectively exfoliates the skin and helps in decongestion of clogged pores.

**Basil:** Antibacterial, anti-inflammatory. Potent beta carotene prevents and protects from free radical damage.

**Bearberry Extract:** Antioxidant. Lightens pigmentation and fights free radicals.

**Beeswax:** Hydrating ingredient that increases the skin's essential moisture.

**Beetroot Extract:** Vitamin C, antioxidant. Infuses the skin with minerals and vitamins.

**Beta Carotene:** Vitamin A, antioxidant. Fights free radical damage.

**Bilberry Leaf Extract:** Antioxidant, anti-inflammatory. Rich in vitamins and minerals. Inhibits free radical damage.

**Bioflavonoids:** Effective antioxidants. Combat the effects of free radicals, reduces the signs of aging, protects skin cells.

**Black Elder Flower & Leaf:** Antioxidant, moisturizer. Helps to regenerate and heal skin cells, moisturizes the epidermis.

**Black Tea:** Polyphenol, antioxidant. Supplies nutrients and fights free radical damage.

**Blackberry Juice:** Antioxidant. High in Vitamins B, C and K, and Omega-3.

**Blackcurrant:** Antioxidant, anti-irritant. Provides mineral salts, trace elements, and organic acids. Soothes, calms and facilitates restoration by strengthening and protecting the skin.

**Blueberry:** Nutrient, antioxidant. Stabilizes the collagen matrix and prevents free radical damage.

**Brambleberry Juice:** Rich in vitamins C and A. Supplies antioxidants.

**Brown Rice:** Nutrient, balancer. Supplies nutrients and vitamin B, balances skin tone, beautifies.

**Bupleurum Falcatum:** Anti-cellulite, cell metabolism. Increases synthesis of the matrix proteins.

**Burdock Root:** Healing, anti-irritant. Alleviates redness and skin irritations and improves acne.

**Butcher's Broom:** Skin firming and revitalizing. Effective for toning cellulite.

**Calendula:** Anti-irritant, antiseptic. Gently soothes, cleans, disinfects, and moisturizes the skin.

**Calendula Oil:** Antioxidant, antiseptic concentrate. Disinfects, heals, and nourishes the skin, has soothing properties.

**Camphor:** Cooling agent, anti-irritant. Produces cooling sensation, assists in reducing skin irritation.

**Cantaloupe Juice:** Antioxidant, gentle exfoliant; supplies high levels of Vitamins, hydrates, promotes skin elasticity.

**Capsicum:** Stimulating. Provides antioxidants benefits of vitamin C.

**Cardamom Essential Oil:** Antiseptic, antibacterial. Disinfects and aids the healing of the skin.

**Carrot:** Antioxidant, nutrient. Supplies a potent antioxidant vitamin A. Nourishes and regenerates the skin with carotene oils.

**Chamomile:** Revitalizing, regenerating. Calms and balances the skin.

**Champagne Grapes:** Contains antioxidants. Fights against free radicals and promotes the appearance of more youthful looking skin. Prevents pigmentation. Detoxifies and hydrates.

**Chasteberry Extract:** Anti-inflammatory, balancing. Hormonally balances the skin and combats aging.

**Chestnut Pulp:** Conditioner, antioxidant. Helps to improve tissue elasticity, reduces swelling, combats free radicals.

**Chickweed:** Healing and soothing anti-inflammatory.

**Chickpea Flour:** Tightens pores. Absorbs excess oil and helps to buff and smooth skin.

**Chlorophyll:** Detoxifier, antioxidant. Supplies the skin with bioflavonoids, detoxifies and rejuvenates the skin surface.

**Cinnamon:** Disinfectant, revitalizer. Cleans and stimulates the skin, revitalizes the skin surface.

**Cinnamon Oil:** Antiseptic and stimulant concentrate. Has antibacterial properties, detoxifies and stimulates the epidermis.

**Citric Acid:** Toner, pH balancer, antioxidant. Tones and firms the skin, reduces visible signs of aging, supplies vitamin C.

**Clary Sage:** Antiseptic, calming. Balances oil production and boosts cell regeneration.

**Clove:** Warming and antibacterial with antifungal properties.

**Cocoa:** High in flavanols (an antioxidant found particularly in cocoa), an antioxidant skin smoother.

**Cocoa Butter:** Antioxidant. Excellent emollient for the skin. Relieves irritation and heals and protects the skin.

**Coconut Milk:** Moisturizing and nourishing. Softens the skin.

**Coconut Oil (virgin):** Healer, moisturizer, antioxidant. Helps to fight free radicals, is anti-viral, anti-bacterial, and anti-fungal.

**Coenzyme Q10:** Powerful antioxidant, healer. Combats free radicals, assists other antioxidants, facilitates cellular repair and healing.

**Colloidal Silver:** Healing antimicrobial agent, antiseptic and disinfectant.

**Coltsfoot Plant:** Anti-inflammatory, anti-irritant. Has a calming and soothing effect on the skin, reduces inflammation.

**Comfrey:** Emollient, antioxidant. Supplies skin with the antioxidant vitamin E, gently lubricates, improves elasticity.

**Cornflower:** Antibacterial, antioxidant, gentle astringent. Soothing and detoxifying.

**Corn Germ Oil:** Moisturizing and nourishing. Gives back essential nutrition to the skin.

**Corn Granule:** Exfoliant, nutrient. Exfoliates and nourishes the skin, supplies vitamins E & F, and phosphates.

**Corn Oil:** Calming, antiseptic that heals the skin.

**Cranberry:** Vitamin C and phytonutrient rich, antioxidant powerhouse.

**Cucumber:** Revitalizer, toner. Tones and shrinks skin pores while purifying the skin, acts as a revitalizing agent.

**Dandelion:** Anti-inflammatory, soothing. Relaxes and calms the skin, works as a powerful soothing agent.

**Dessert Apple:** Toner, nutrient. Nourishes deprived skin. Tones and rejuvenates the skin.

**Dill:** Antibacterial. Protects against free radicals and heals skin cells.

**Echinacea:** Repairing, and anti-inflammatory, it protects the skin naturally. Enhances the natural immunity of the skin.

**Elderberry:** Rejuvenator, antioxidant. Infuses the skin with a rich source of bioflavonoids and vitamin C.

**Ester-C:** Antioxidant. Promotes collagen production and fights free radical damage.

**Eucalyptus:** Antiseptic, healer. Has anti-fungal and antibacterial properties, aids in the restoration of the epidermis.

**Evening Primrose Oil:** Soothing, anti-inflammatory, calming and restorative.

**Everlasting Daisy Extract:** Antiseptic, purifying. Heals skin irritations and gently disinfects the skin.

**Eyebright:** Anti-inflammatory, astringent, reduces redness, swelling and eye area irritations.

**Fennel:** Anti-inflammatory, antiseptic. Gently disinfects the skin, reduces inflammation, promotes healing.

**Fire Thorn Extract:** Antioxidant, nutrient. Supplies vitamins A, B and C and fruit acids, acts as an antioxidant.

**Fire Thorn Oil:** Antioxidant, toner. Protects skin from free radicals, acts as a firming agent.

**Flax Seed:** Antioxidant, nutrient. Supplies antioxidants and nourishes the skin with Omega 3 essential oils.

**Flax Seed & Linseed Extract:** Emollient, antioxidant, anti-inflammatory. Combats free radicals, repairs skin barrier, reduces inflammation, lubricates.

**Frankincense Essence:** Moisturizing, rejuvenating. Reduces the look of fine lines and slows down the signs of aging.

**Garden Pea:** Refining and high in vitamins.

**Garlic (odorless):** Antibacterial cleanser.

**Garlic Oil:** Anti-inflammatory, antibacterial; supplies skin with sulfoxides, vitamins C and B6, and reduces inflammation.

**Ginger Root:** Anti-inflammatory. Supplies antioxidants and protects from abuse of the elements.

**Ginkgo Extract:** Antioxidant, anti-inflammatory. Reduces free radicals, soothes the skin, aids in the restoration of the epidermis.

**Ginkgo Oil:** Antioxidant, anti-inflammatory, regenerative. Stimulates the production of collagen, regenerates and heals the skin.

**Ginseng:** Revitalizing. Strengthens connective tissues.

**Glycerin:** Active moisturizer. Attracts and binds water molecules to the skin, keeps the skin smooth and hydrated.

**Goldenrod Extract:** Antimicrobial and anti-fungal. Has a healing and anti-inflammatory effect on skin irritations.

**Gooseberry:** Antioxidant. Supplies vitamin C and organic acids, assists in moisture retention..

**Gotu Kola:**Antibacterial. Soothes and heals the skin, promotes regeneration and reduces the appearance of varicose veins.

**Grape (whole fruit):** Hydrates and provides the appearance of youthful skin.

**Grape Extract:** Antioxidant. Supplies glycolic acid, combats free radicals, rejuvenates epidermis.

**Grape Juice:** Antioxidant, nutrient. Supplies vitamin C, fruit sugars, pectin, bioflavonoids, and fruit acids.

**Grape Leaf Extract:** Antioxidant. Rich in polyphenols to combat free radicals and protect the skin, rejuvenates epidermis without irritation.

**Grape Peel:** Hydrates and provides the appearance of youthful skin.

**Grape Seed:** Antioxidant, emollient; supplies active bioflavonoids, combats free radicals, acts as a rejuvenating agent, and lubricates.

**Grape Seed Extract:** Contains antioxidants that deliver hydration.

**Grape Seed Oil:** Antioxidant, emollient. Supplies active bioflavonoids, acts as a rejuvenating agent, lubricates.

**Grapefruit Juice:** Gentle cleanser.

**Grapefruit Seed and Peel:** Antioxidant, natural antiseptic. Gentle cleanser.

**Green Tea:** High in antioxidants, polyphenols, flavonoids, and vitamins for youthful looking skin.

**Ground Ivy:** Toner, anti-inflammatory. Tones and tightens pores, soothes and gently lubricates the skin.

**Guava Leaf Extract:** Moisturizing, revitalizing; maintains firmness and the texture of the skin.

**Hawthorn Berry:** High in bioflavonoids and vitamins for visibly younger looking skin.

**Hibiscus Tea Oil and Flower:** Anti-inflammatory that cools, softens and soothes the skin while improving elasticity.

**Holly Leaf Extract:** Repairing, moisturizing. Promotes healing and improves the texture of the skin.

**Honey:** Moisturizer, nutrient. Moisturizes and nourishes the skin. Acts as a mild antiseptic.

**Honeydew Extract:** Vitamin C, vitamin B6. Supplies high levels of vitamins and restores the skin's texture.

**Hops Extract:** Antioxidant, healer. Heals minor skin abrasions, soothes, calms and regenerates the skin, fights free radicals.

**Horse Chestnut:** Anti-inflammatory, stimulant. Increases circulation and tones the skin.

**Horsetail:** Anti-inflammatory, softener. Reduces swelling and calms inflammation, supplies silica to the skin.

**Houseleek:** Hydrating; anti-inflammatory, astringent.

**Ivy Leaf:** Nutrient, antioxidant. Supplies the skin with high potency vitamin C, works as an antioxidant.

**Jasmine Flower Petal:** Nutrient, antioxidant. Supplies the skin with carotenoids and vitamins C and P, nourishes the skin.

**Jerusalem Artichoke:** Rich in potassium and vitamins.

**Jojoba Oil:** Nourishes and hydrates with one of the best absorption rates.



**Juniper:** Antibacterial, astringent. Detoxifies the epidermis.

**Kaolin Clay:** Deep cleans and softens the skin. Gently draws impurities from the skin without stripping the natural oils.

**Kelp:** Chlorophyll, amino acids. Deep cleans pores, promotes skin elasticity and rejuvenates skin's appearance.

**Klamath:** Anti-irritant, moisturizer. Soothes and firms through moisturization.

**Lactic Acid:** Exfoliant. Accelerates removal of dead skin cells and promotes the growth of new ones.

**Lady Thistle Fruit:** Antioxidant, emollient. Moisturizes and soothes the skin.

**Lavender:** Rejuvenator, anti-irritant. Promotes restoration of the skin. Calms irritated skin.

**Lavender Oil:** Antibacterial, stimulant. Promotes blood circulation in the epidermis, supports natural healing functions.

**Lecithin:** Rebuilding, restorative agent. Supplies vitamin B, and reduces cholesterol build-up in the skin. Reduces the "paper-thinness" of the skin.

**Lemon:** Antioxidant, toner. Supplies high levels of vitamin C, tones and refreshes the skin.

**Lemon Balm:** Antioxidant, toner. Supplies high levels of vitamin C, tones and refreshes the skin.

**Lemon Juice:** Antioxidant, rejuvenator. Combats free radicals, tones the skin, assists in reducing the visible signs of aging.

**Lemon Peel:** Tones and refreshes the skin.

**Lemongrass:** Aromatherapy benefits.

**Lemongrass Oil:** Antiseptic, toner. Gently cleanses, tones and improves elasticity in the skin.

**Licorice Extract:** Healing anti-inflammatory.

**Lime Juice:** Antioxidant. Supplies high levels of vitamin C, combats free radicals and protects the skin.

**Linden:** Antioxidant, moisturizer. Supplies bioflavonoids, nourishes, hydrates, and rejuvenates the skin.

**Linseed:** Contains Omega 3s and antioxidants to support and soften the skin. Alleviates skin irritations. Calming and restorative.

**Lychee Extract:** High in vitamins and nutrients like calcium and protein to promote healthy looking skin.

**Macadamia Nut Oil:** Toning and softening. Protects the skin cells from damage.

**Maize Flower:** Exfoliant. Gently removes dead cells and waste build-up.

**Maize Germ Oil:** Moisturizer, nutrient. Enriches and nourishes the skin, increases moisture levels within the skin.

**Mallow Root:** Anti-irritant, anti-inflammatory. Reduces skin inflammation, provides relief from irritation caused by dryness.

**Mallow Tea:** Moisturizer, anti-irritant. Gently moisturizes the skin, provides relief from dryness and irritation.

**Mandarin Juice:** High in vitamin C. Stimulates circulation and helps to clear impurities from the skin.

**Mandarin Oil:** Softener, nutrient. Makes skin softer and more supple, enriches the epidermis with vitamins.

**Mango:** High in antioxidants and vitamin A; exfoliates and refines the skin.

**Maral Root:** Antioxidant, natural sterol. Rejuvenates and tones the skin.

**Marigold Flower:** Anti-irritant, antiseptic. Gently soothes, cleans, disinfects, and moisturizes the skin.

**Marjoram:** Stimulant, toner. Stimulates blood circulation in the epidermis and tones the skin.

**Meadow Foam Seed Oil:** Natural emollient with high absorption. Replenishes moisture.

**Medlar:** Moisturizer, nutrient. Increases skin firmness and improves skin elasticity.

**Menthol:** Antiseptic, restorative. Gently disinfects the skin, stimulates the epidermis and facilitates restoration.

**Milk Thistle:** Promotes healthy liver function, controls inflammation and helps to detoxify the blood.

**Millet:** Exfoliating agent. Promotes gentle exfoliation, brightens the skin.

**Naseberry:** Antioxidant, toner. Gently removes dead cells, refines epidermis, combats free radicals.

**Naseberry Extract:** Antioxidant, rejuvenator. Provides high level of glycolic acids, cleans, hydrates and rejuvenates the skin.

**Natural Cream Base:** Stearic acid, plant-based vegetable oil, coconut extract, glucose sesquistearate (corn-derived), maize extract, plant-based glycerin.

**Natural Moisturizing Factor:** Hydrolyzed wheat protein, (wheat protein and water), citric acid, tocopherol (vitamin E).

**Nettle:** Anti-inflammatory, regenerative, lightens and moisturizes the skin.

**Nutraflora:** Aids in detoxifying the digestive system and promotes clear, radiant skin.

**Oak Leaf:** Rejuvenator, antibacterial. Cleans and protects the skin, acts as a regenerating and firming agent.

**Oat:** Anti-irritant, exfoliant. Deeply cleanses the skin, soothes irritation, and makes the skin smooth and supple.

**Olive Oil:** Calms and soothes while deeply hydrating the skin.

**Orange:** Antioxidant, nutrient. Delivers high levels of vitamin C, nourishes and enriches the skin.

**Orange Essential Oil:** Antiseptic. Calming and anti-inflammatory. Assists the lymphatic system in detoxifying congested skin. Supports collagen formation and regeneration. Increases circulation and cell hydration.

**Orange Pulp:** Rich in vitamins, antioxidants and polyphenols to support skin.

**Oregano:** Powerful antioxidant; antibacterial and high in vitamins.

**Organic Acid:** Antioxidant, rejuvenator. Delivers a collection of antioxidant agents that tone, firm, and rejuvenate the skin.

**Papaya:** Vitamin A and fruit enzymes. Skin renewing. Removes dead skin cells naturally.

**Paprika:** Stimulant, rejuvenator. Stimulates blood circulation through the epidermis, oxygenates and revitalizes the skin.

**Parsley:** Antioxidant, lightening agent. Lightens and evens complexion, supplies bioflavonoids to the skin.

**Peach Extract:** Antioxidant, nutrient. Provides high levels of vitamin C, calcium and beta-carotene to the skin.

**Pear:** Vitamin C, antioxidant. Fights free radical damage and revitalizes the skin.

**Pectin:** Moisturizer, protector. Moisturizes, enriches, nourishes and protects the skin.

**Peppermint:** Antioxidant, anti-bacterial. Soothes and heals the skin, combats free radicals and supplies vitamins A and C.

**Persimmon Juice:** Antioxidant, hydrator; supplies high levels of vitamins to visibly firm skin

**Perilla Seed Extract:** Soothing anti-inflammatory.

**Pine Bark Extract:** Calming skin smoother; shown to improve hyperpigmentation and erythema, spots and blisters that benefits anti-aging and preventive care.

**Pine Needle Oil:** Anti-bacterial, anti-inflammatory. Improves circulation, re-energizes and repairs the skin.

**Pineapple:** Exfoliant, anti-inflammatory. Dissolves dead skin cells naturally. Supplies vitamins C and B1 to the skin.

**Plantain:** Regenerating and rejuvenating. An anti-irritant that promotes the healing of skin and the absorption of nutrients.

**Plum:** Phenol-rich, phytonutrients. Neutralizes free radical damage to the skin.

**Pomegranate:** Polyphenol-rich with high levels of antioxidants – even higher than green tea.

**Potato:** Anti-irritant. Rich in vitamins and minerals and a great antioxidant.

**Prune Juice:** Antioxidant, nutrient-rich. Delivers a potent amount of antioxidants and revitalizes the skin.

**Pumpkin:** Antioxidant, nutrient. Supplies vitamins A and E, nourishes and enriches the skin.

**Quercetin:** Antioxidant flavonoid and anti-inflammatory.

**Quince Apple:** Antioxidant, anti-irritant. Supplies vitamin E, purifies and soothes irritated skin, reduces sebum saturation.

**Quince Seed Juice:** Antioxidant, anti-irritant. Supplies vitamin E, purifies and soothes irritated skin, and reduces sebum saturation.

**Radish Seed Extract:** A mild natural acne remedy.

**Raspberry Extract:** Antioxidant. Supplies vitamin C and bioflavonoids. Fights free radicals.

**Red Clover:** Phyto-estrogen, isoflavone. Combats skin aging and alleviates skin irritations.

**Riboflavin:** Vitamin B2. Promotes healthy skin, hair and nails. Also combats rosacea and redness.

**Ribwort:** Antiseptic, regenerator. Disinfects and regenerates the skin, provides elemental nourishment.

**Rice:** Gentle exfoliant. Buffs and smoothes skin texture.

**Ricini Extract:** Emollient, anti-irritant, detoxifier. Calms and lubricates irritated skin, detoxifies and regenerates the epidermis.

**Rooibos Tea:** High in antioxidants, alpha hydroxy acid and zinc for healthy, smooth skin; useful when applied to skin irritations like itchy skin, eczema, sunburns, diaper rash and acne.

**Rosa:** Anti-inflammatory and anti-irritant.

**Rosehip:** Antioxidant, anti-irritant. Supplies vitamin C, reduces inflammation and irritation, assists in regeneration.

**Rosehip Extract:** Antioxidant. Supplies high levels of Ester C, effectively combats free radicals.

**Rosemary:** Antioxidant, stimulant. Assists in hormonal stimulation of the epidermis, acts as a mild antioxidant.

**Rowan Sorb:** Balancer, anti-inflammatory. Normalizes skin with vitamins A and C as well as sorbitol, reduces inflammation.

**Rue:** Calming antibacterial and antifungal.

**Safflower Oil:** Natural emollient; nourishing and hydrating.

**Sage:** Antioxidant, toner. Rejuvenates and tones the skin, has antiseptic properties.

**Seabuckthorn Berry:** Vitamin and nutrient rich. Protects skin cell membrane and enhance skin cell regeneration.

**Sesame Oil:** Nourishing and anti-inflammatory. Strengthens connective tissues. Great for very dry skin.

**Shea Butter:** Moisturizer. High in triglycerides and fatty acids, it is an excellent emollient for skin. Revitalizes and repairs the skin.

**Silica:** Gentle exfoliant. Absorbs oils from the skin and removes dead skin cells.

**Sour Cherry:** Antioxidant. Supplies high levels of vitamin C, tones the skin.

**Sour Cherry Extract:** Antioxidant. Supplies high levels of Ester C and bioflavonoids. Works as a toning and enriching agent.

**Soy:** Isoflavones, vitamin B. Improves the skin's texture and reduces the appearance of fine lines.

**Soybean:** Antioxidant, anti-inflammatory. Supplies antioxidant elements, protein, and phyto-hormones. Combats skin aging.

**Spelt Wheat:** Softens and soothes; improves elasticity and firmness and fights free radicals.

**Spinach:** Healing and rejuvenating; rich in vitamins A and C and antioxidants.

**St. John's Wort:** Antioxidant, anti-irritant. Soothes and calms the skin, protects from free radicals.

**Stinging Nettle:** Anti-inflammatory, stimulant. Encourages blood circulation through the epidermis, reduces inflammation, regenerates.

**Stone Crop:** Anti-inflammatory, regenerative. Reduces inflammation, regenerates, lightens and moisturizes the skin.

**Strawberry:** Cleanser and astringent. Contains salicylic acid that gently exfoliates and removes impurities to brighten skin and shrink pores.

**Sugar Cane Granule:** Natural Alpha Hydroxy Acid. Gently exfoliating.

**Sunflower Oil:** Protective. Rich in vitamins A, D and E.

**Sunflower Seed:** Antioxidant, gentle exfoliant. Supplies antioxidant vitamins A and E and linoleic acid.

**Sweet Almond Oil:** Softening, nourishing, protecting and sweet smelling.

**Sweet Red Rose Oil:** Antioxidant, emollient. Provides balanced antioxidants, gently lubricates and protects the skin.

**Sweet Red Rose Petal:** Antioxidant, rejuvenator. Provides antioxidants, moisturizes, rejuvenates, and nourishes the skin.

**Tangerine Juice:** Antioxidant. Promotes healing and repair of skin and is a source of vitamins C, B and folic acid.

**Tara Tree Extract:** Hydrating. Provides long lasting and pleasant moisturization.

**Tea Tree Oil:** Soothing anti-inflammatory; repairing antiseptic.

**Thermal Mud:** Nutrient, balancer. Supplies high levels of minerals, trace elements and sulfur; improves acne, nourishes the skin.

**Thyme:** Antioxidant, rejuvenator. Slows the effects of free radicals, assists in cellular renewal, calms irritated epidermis.

**Tokay Ice Wine Grape:** Antioxidant. Rich in polyphenols. Fortifies, tones and restores dynamism to the skin.

**Tomato:** Antioxidant, rejuvenator. Provides lycopene, beta-hydroxyl acids, combats skin aging.

**Tomato Seed Oil:** Antioxidant, rejuvenator. Provides potent vitamins E and F as well as alpha & beta carotenoids. Rejuvenates the skin.

**Vanilla:** Calming, soothing. Improves circulation.

**Vitamin A:** Reduces fine lines and wrinkles. Another name for Retinol.

**Vitamin B1:** Revitalizes the skin. Another name for Pantothenic acid.

**Vitamin B3:** Skin rejuvenating and plumping. Another name for Niacin.

**Vitamin B5:** Anti-irritant. Promotes restoration of skin's barrier.

**Vitamins C, E:** Antioxidant agents. Supplies direct antioxidants, protects the epidermis, effectively combats free radicals.

**Vitamin K:** Anti-inflammatory. Reduces dark under eye circles, heals broken capillaries, reduces redness.

**Vitex Agnus Castus:** Antioxidant, balancer. Provides antioxidant bioflavonoids, hormonally balances the skin, and provides age-defying benefits.

**Walnut Powder:** Exfoliant. Removes dead skin cells naturally and gently.

**Watercress:** Invigorating, vitamin-rich. Strengthens the skin and improves tone.

**Watermelon:** High in antioxidants. Fights free radicals and is rich in vitamins A, B and C.

**Wheat Germ Oil:** Emollient, antioxidant. Supplies vitamins E and F and coenzyme Q10, nourishes, hydrates and lubricates the skin.

**White Tea:** Antioxidant, phenol and vitamin C rich immunity booster.

**White Willow Bark:** Anti-inflammatory, astringent. Calms and soothes the skin.

**Whole Grain Oat:** Anti-irritant, exfoliant. Deeply cleanses the skin, soothes irritation, makes the skin smooth and supple.

**Wild Black Carrot:** Rejuvenates the skin, reduces the looks of fine lines and strengthens the connective tissues.

**Wild Carrot:** Anti-irritant; soothing anti-inflammatory.

**Wild Jujube:** Nutrient. Supplies the skin with vitamins B1, B2 and C, brightens the complexion and improves skin tone.

**Wild Plum Juice:** Antioxidant, stimulant. Supplies vitamins, iron and bioflavonoids. Stimulates and rejuvenates the skin.

**Wild Plum Pulp:** Antioxidant. Supplies nutrients, iron, vitamins and bioflavonoids to the skin.

**Willow:** Anti-irritant, rejuvenator. Soothes skin and heals irritation, stimulates and regenerates the epidermis.

**Witch Hazel:** Anti-inflammatory. Soothes the skin and promotes healing.

**Yam:** Antioxidant, age-defying. Infuses the skin with beta carotene, antioxidants and vitamin B6.

**Yarrow Oil:** Moisturizer, balancer. Nourishes and moisturizes the skin, balances oil levels in the epidermis, protects the skin.

**Yarrow Plant:** Healer, nutrient. Promotes healing of the skin, promotes absorption of nutrients.

**Yellow Summer Squash:** Rich in vitamin C and beta carotene.

**Yellow Sweet Clover:** Improves blood flow for rejuvenation.

**Ylang Ylang:** Cleanser, antibacterial, antiseptic and anti-seborrheic. Calming and balancing.

**Yogurt:** Exfoliating lactic acid. Moisturizing and nourishing.

**Yucca Extract:** Antioxidant, anti-inflammatory. Soothes and regenerates the skin, combats free radicals.

**Zinc:** Antioxidant. Protects against free radical damage.

**Zinc Oxide:** Anti-inflammatory, emollient. Reduces and heals epidermal irritation, protects against UV, soothes the skin.

*Demeka Scott*  
Natural Skin Care Basics

**Definition Terms To Learn**

**Antioxidants** A substance that blocks or inhibits destructive oxidation reactions and thus slows or prevents cell deterioration.

**Antibacterial** helps to resist or destroy infectious bacteria.

**Anti-inflammatory** reduces inflammation (swelling).

**Antifungal** helps to control fungus.

**Antiseptic** helps to control bacteria and infection on the skin.

**Astringent** tightens skin.

**Regulating** promotes balance in the body and the skin.

**Regenerative/Rejuvenating** promotes new healthy cell growth.

**Sebum** is the natural protective oil produced by the body. Sebum protects the body from germs and holds in moisture.

Natural Skin Care Basics