

# About our Ingredients

## **Aloe Vera**

Aloe vera is a very popular ingredient in modern skincare products, including soaps, cosmetics, shampoo, hair conditioner, sun tan lotions, as well as medicated creams and ointments. It is well respected for its moisturising properties. The vitamins found in aloe include B complex, folic acid, C and carotene (a precursor of vitamin A). Our aloe vera gel is made from pure aloe vera juice.

## **Apricot Kernel Oil**

Apricot oil is good for all skin types. It is very rich in vitamin A and is incredibly nourishing. It is a mild oil, which is tolerated by most people, and is especially good for sensitive, inflamed, dry or mature skin but it is a classic skin oil for sensitive skin and apricot and peach kernel oils are interchangeable for products that treat sensitive skin. It enhances skin elasticity and has a soft and smooth quality on the skin. It works well in anti-wrinkle/skin rejuvenation products for sensitive skin and in massage lotions and oils.

## **Argan Oil**

Argan oil has high concentrations of essential fatty acids, oleic and linoleic fatty acid. Used topically, argan oil provides intense conditioning benefits to dry and dehydrated skin and hair. When applied to the skin, argan oil particularly helps restore, regenerate and restructure the skin by way of increasing the nutrient content of skin cells. Argan oil has sought-after antioxidant properties which makes it especially beneficial in skincare products. Argan oil also has strengthening effects on nails and hair.

## **Avocado Oil**

Avocado oil contains vitamins A, B<sub>1</sub>, B<sub>2</sub>, D, E, and beta carotene. It is a monosaturated oil making it nourishing and suitable for dehydrated, sun exposed and dry skin. It is known to have regenerative and rejuvenating properties; it significantly increases the amount of collagen in the skin and is especially useful for mature skin. It has been known to be effective in helping reduce the itchiness and discomfort associated with some skin conditions. Small amounts of avocado oil are typically added to other carrier oils in order to enrich their vitamin content. It is used predominantly by skincare manufacturers and is particularly great in soaps, lotions and creams.

## **Baobab Oil**

Baobab oil is native to Eastern and Western Africa. The oil is derived from the seeds of the Baobab tree and the pulp of the fruit is believed to be six times richer in vitamin C than an orange. The oil is rich in vitamins A, D, E and essential fatty acids. Its high concentration of vitamins makes it a very nourishing oil beneficial for dry skin, and it combines easily with other oils and ingredients making it useful to add to body creams, lotions, body milk, hair products and massage blends. Baobab oil is absorbed quickly through the skin and it

improves its elasticity by encouraging the regeneration of skin cells without clogging the pores. It is rich in essential fatty acid content making it useful in alleviating chronic dry skin conditions and helping promote smooth skin in children and adults.

### **Camellia Oil**

Camellia oil is obtained from the seeds of the plant (*Camellia oleifera*). The plant grows mostly in Asia. This oil has been used to add nourishment to normal skin and ageing skin to help restructure and moisturise. It contains mono-unsaturated acids, (oleic up to 80 % and linoleic acid 9 %) vitamins A, B, and E, which provide antioxidant, disinfectant and germicidal properties.

### **Centella**

The healing properties of *Centella asiatica* have been known for centuries. Its leaves and stems are used in traditional Chinese, African, and Ayurvedic medicine. In Chinese medicine, centella asiatica is sometimes referred to as the “fountain of youth” due to its healing properties and positive effects on wellbeing. Centella has antiviral, antibacterial, and anti-inflammatory properties. It has traditionally been used as a treatment for skin conditions such as psoriasis, dermatitis, and minor burns. Centella is able to heal wounds and burns because of its ability to increase the blood supply to the affected area, elevate the level of antioxidants in the wound, and encourage the production of fibroblasts, the cells that synthesize collagen. Its collagen-boosting and anti-inflammatory properties mean that centella can diminish the appearance of stretch marks and keloid scars. Centella has a toning and tightening effect on the skin when applied topically. As a result, it is often found as an ingredient in skin firming creams and lotions. Due to its ability to stimulate collagen production, centella can improve the appearance of ageing skin affected by fine lines and wrinkles. The reduction of collagen in the skin’s supporting matrix is a key reason for the formation of fine lines and wrinkles as skin matures. Its ability to replenish collagen supplies makes centella a useful anti-ageing ingredient. Centella has a positive effect on skin affected by cellulite, which causes a dimpled, lumpy appearance similar to orange peel. Cellulite typically appears on the thighs, buttocks, and upper arms. By increasing blood flow, delivering potent antioxidants, reducing inflammation, and acting as a diuretic, centella smoothes and detoxifies areas affected by cellulite.

### **Chamomile**

Chamomile has calming and soothing properties. It is used for nervousness, headaches, anxiety, and hysteria. It is also beneficial for colds and flu. It has a wonderfully soothing, sedative and absolutely harmless effect, suitable for use in children’s products. It soothes skin rashes, including eczema and acne. It can also help ease minor burns and sunburn. It can be used as a lotion or added in oil form to a cool bath; chamomile also reduces skin inflammation. It may also speed healing and prevent bacterial infection. It is superbly effective on the skin, not only to sooth and calm, but to heal and for tissue regeneration.

### **Cocoa Butter**

Cocoa butter (also known as cacao butter) is the natural cream coloured vegetable fat extracted from cocoa beans during the process of separating the powder and liquor from the bean. Our cocoa butter has been slight deodorised to reduce the chocolate smell but its properties remain the same. Cocoa butter has been used to heal and moisturise skin that has been exposed to the elements. It also helps reduce the formation of stretch marks during pregnancy by keeping the skin supple. It makes a wonderful ingredient in lotion bars, lip balms, body butters and soaps. Cocoa butter is one of the most stable fats known and it contains natural antioxidants that prevent rancidity. This butter is very hard in consistency.

### **Comfrey**

Plants like comfrey have a high carbohydrate content and is considered to rejuvenate the skin and to have healing, soothing and moisture retaining properties. It is good for rough, damaged skin and can, with time, alleviate wrinkling and enable skin tissue to regain its youthful elasticity. In herbal medicine, comfrey is mainly used externally to treat inflammation and to stimulate wound and bone fracture healing. It is also used for treating tissue damage, bone infections, gout, inflammations, sprains, tendonitis, aches, pains, post-operative wounds, sores which do not heal, eczema, psoriasis, varicose ulcers, boils and varicose veins. Comfrey is a special beauty herb due to the high content of the phytochemical allantoin which promotes skin cell regeneration, stimulates the growth of new cells and helps sensitive skin to become more resilient, counteracting dryness and cracking.

### **Evening Primrose Oil**

Evening primrose oil contains a high quantity of GLA (gamma linolenic acid) which is needed to promote a healthy regeneration of skin. Especially suitable for use in mature skin products, evening primrose oil is a light, easily absorbed oil which can help create a non-greasy cream. A wonderful addition to creams (especially those used as an anti-wrinkle treatment), salves, soaps and balms, evening primrose oil can also be used in products designed to soften scar tissue and help treat dry skin conditions.

### **Ginseng**

Native to North-Eastern China, Russia, and Korea, ginseng is the most famous of Chinese herbs and has been praised for its remarkable therapeutic benefits for about 7,000 years. Used in pharmaceutical products, it has been known to reduce inflammation, stimulate cell growth, extend cellular life span, and heal minor skin damage.

### **Grapefruit Seeds**

The liquid is extracted from the fruit peels, pulp and seeds of the grapefruit plant. Grapefruit extract is used as an antibiotic, antiseptic, disinfectant, and as a preservative in food and cosmetics. Grapefruit extract is also non-toxic, environmentally safe, and quickly bio-degradable.

### **Green Tea**

Green tea extract is used internationally in cosmetics, as it is a rich source of antioxidants, such as vitamin C and vitamin E. Green tea extract is hailed in the natural skin care industry and is said to help repair the effects of ageing and environmental factors. One of the main active constituent in green tea is a polyphenol called catechin. Green tea catechins are potent antioxidants.

### **Jojoba Oil**

Jojoba is a plant native to the arid regions of the United States and Mexico. This plant provides important forage for many wild animals in this region, and it is also commercially important, thanks to the wax produced and stored in its seeds. Jojoba wax, also known as jojoba oil, is used in a wide variety of applications, from cosmetics to industrial lubricants. It is a product which is increasingly difficult to obtain. The oil is similar in structure to our own skin's sebum and therefore a welcome ingredient in any skin and hair care product as it is readily absorbed. It is anti-inflammatory, non-sticky, a skin softening antioxidant and an anti-ageing ingredient. It is useful in salves, scrubs, creams, soaps, hair care products etc.

### **Macadamia Nut Oil**

Macadamia oil is a fantastic regenerantive oil. It is high in mono-unsaturated fatty acids, contains palmitoleic acid (promotes young soft skin), as well as omega 3 and omega 6 fatty acids. It has been successfully used to help heal scars and sunburns and is considered very safe with uses in facial care products and baby products.

### **Mango Butter**

Mango butter is a new ingredient introduced into the cosmetic industry. Cold pressed and rendered from the seed kernel of the mango tree, this highly prized butter is an exceptional quality base ingredient for body care products and soap making recipes. Mango butter has beneficial moisturising properties for lotions and acts as a mild lubricant for the skin, and is very similar in colour and texture as cocoa butter making it an exotic and fun alternative for toiletry products. A great source of essential fatty acids, the mango tree (*Mangifera indica*) is one of the most important and widely cultivated fruits. Each fruit has a large flat seed. Mango butter is the soft fat extracted from the seed. It is free from pesticides and synthetic antioxidants. Mango butter has a luxurious emollient feel. It is an ideal ingredient to use in skin care and sun tan preparation and a super fattening agent in soap. Unlike other butters like shea butter and cocoa butter, mango butter has a wound healing quality. Hence it is hence its application in ulcerations, fissures of the lips, hands and chapped skin etc. as well as in wounds and sores which are inflamed. Chemically it is mainly composed of glycerides of oleic and stearic acids.

### **Marine Collagen**

Marine collagen is a fabulous addition to skin care products as it stimulates the synthesis of collagen which is critical for healthy and young looking skin. Our marine collagen ingredient is extracted from the natural seaweed variety *Porphyra tenera* with water. It is

enzymatically hydrolysed to achieve an average molecular weight of approximately 1000. It is exclusively gained from non-GMO ingredients and it is free of any GMO-fragments. Our Marine collagen is grown, harvested and processed within the strict principles of creating animal free products. It therefore does not contain any animal products.

### **Marula Oil**

Marula oil is one of Africa's greatest skin care oils. It is rich in antioxidants and oleic acid. Marula oil is an extremely stable cosmetic oil. Its high content of palmitic acid creates a protective coating on the surface of the skin making it a good oil for dry skin sufferers. It absorbs quickly, hydrates the skin, heals skin tissue, reduces redness, reduces trans-epidermal water loss and increases smoothness of the skin. Marula oil in formulations is excellent for dry, damaged skin and moisturizing hair treatments. It is also a nice, stable superfating oil for soap. It is rich in antioxidants and oleic acids, both the essential components for the maintenance of healthy skin. It has a high nutritional value and excellent stability.

### **Portulaca**

The herb portulaca (*Portulaca oleracea*) common name purslane is also known as wild portulaca or pigweed. It is found all over the world, including the United States, Canada, Australia, New Zealand and parts of Europe. Portulaca is full of vitamins and minerals, and is sometimes added to salads. It also can be used as an alternative health treatment for many conditions and skin problems. As portulaca is a natural source of vitamins A, C and E, and the co-enzyme Q10, it is an excellent antioxidant, fighting premature ageing and protecting the skin from environmental damage. Portulaca extract is rich in omega-3 fatty acids and flavonoids. These benefits of the herb for both internal and external use can manifest themselves in clearer, healthier skin. Many skin products including skin creams and lotion, deodorant, facial masks and toners contain extract of portulaca.

### **Rosehip Oil**

A soothing oil which moisturises and softens skin. Rich in vitamin A, rosehip oil is marvellous at treating problem skin. A fabulous addition to many skin products, rosehip will help encourage new skin growth, repair damaged tissue and attempt to reduce lines and wrinkles. A lovely oil for sensitive and mature skins, but also suitable for all skin types. Rosehip oil is especially good at reducing inflammation and scarring if used as an intensive massage treatment.

### **Shea Butter**

This butter is extracted from the shea nut. After refinement it has a very slight yellow colour and almost no odour, but the applications remain the same. Used predominantly for skin care, shea butter is hailed for its protecting and emollient properties. Rich in cinnamon acid, it also protects the skin from UV rays and therefore can be included in skin care products for sun protection. It is great as a treatment for minor skin wounds and irritations. It is anti-ageing, skin soother, skin healer and an effective sun protector. It is a nourishing butter with

all sorts of fabulous benefits when used in skin care products and soaps. It is moisturising, will help relieve itchy skin, soothe and soften rough skin, adds a silky feel and hydrates lips, skin and hair.

### **Sunflower Oil**

Sunflower oil has high amounts of Vitamins A, B, D and E, minerals, lecithin, insulin, unsaturated fatty acids, and by all accounts (despite its widespread use in foods), it is a good product for the skin. Sunflower is easily absorbed and leaves very little oily residue.

### **Sweet Almond Oil**

Sweet almond is an excellent emollient and is known for its ability to soften and re-condition the skin. It is rich in proteins and Vitamin D, and is considered extremely nourishing particularly when used regularly. It contains olein glyceride linoleic acid. It can be expected to soothe dry skin and irritated areas. A good all round oil which soothes and has anti-inflammatory properties.

### **Essential Oils**

#### **Clary Sage**

Clary sage oil's greatest benefit lies in its calming and sedating influence on the nerves, emotions, female functions, kidneys and digestive system. It also helps with skin conditions like acne, boils and ulcers and cools painful muscles and joints. Used in a cream, lotion or body oil, clary sage oil stimulates blood circulation and can be beneficial for skin problems, back pain and a stiff neck, as well as for body odours, PMS, skin problems and cramps. It is particularly good for balancing the production of sebum of the skin and to clear greasy complexions.

#### **Eucalyptus**

Eucalyptus oil has a cooling and deodorizing effect on the body, helping with fevers, migraine and malaria. For the respiratory tract, it helps with coughs, asthma, throat infections, sinusitis and catarrhal conditions. It soothes inflammation and eases mucus, clearing the head from the stuffiness of colds and hay fever. Eucalyptus oil is useful as a warming oil when used for muscular aches and pains, rheumatoid arthritis, sprains and poor circulation. In skin care it can be used for burns, blisters, herpes, cuts, wounds, skin infections and insect bites. Apart from giving pain relief to muscular spasms and rheumatism, eucalyptus oil can also help speed up the healing of slow healing wounds and ulcers, calm skin eruptions and clear congested skin.

#### **Lavender**

Lavender oil has a soothing and calming effect on the nerves, relieving tension, depression, panic, hysteria and nervous exhaustion in general and is effective for headaches, migraines and insomnia. It is also very beneficial for problems such as bronchitis, asthma, colds,

laryngitis, halitosis, throat infections and whooping cough and helps the digestive system deal with colic, nausea, vomiting and flatulence. Lavender oil relieves pain when used for rheumatism, arthritis, lumbago and muscular aches and pains, especially those associated with sport. On the skin, lavender oil tones and revitalizes and it is useful for all types of skin problems such as abscesses, acne, oily skin, boils, burns, sunburn, wounds, psoriasis, lice, insect bites, stings and also acts as an insect repellent. Lavender oil is one of the few essential oils that can be used neat on the skin, and this is especially useful when treating a minor burn wound. The soothing and anti-inflammatory action of lavender oil will also have a balancing action on the skin and can be used for dermatitis, eczema and psoriasis.

### **Lemon Balm**

Melissa oil calms the nerves and has excellent qualities in fighting depression. Its sedative effect is well documented. It helps in cases of hysteria and panic and helps to slow the heartbeat, eases high blood pressure and is a tonic to the heart while regulating the menstrual cycle, also helping with period pains. It can settle the digestive system, help with nausea, flatulence, vomiting, dyspepsia and dysentery and has a cooling effect on fevers. It can help with headaches and migraines associated with colds. When treatment is started in the early stages, it can also be used as a topical treatment for cold sores.

### **Marjoram**

Marjoram oil has a warming action and calms emotions, relieves anxiety as well as stress and helps to calm hyperactive people. It has good muscle relaxant properties and the pain killing properties are useful for rheumatic pains as well as sprains, strains and spasms, as well as swollen joints and painful muscles. It soothes the digestive system and helps with cramps, indigestion, constipation and flatulence and has a beneficial action on colds, sinusitis, bronchitis and asthma. As a general relaxant, marjoram oil is used for headaches, migraines and insomnia. Since it is a greatly warming oil it is useful to counter chilblains and to disperse bruises.

### **Peppermint**

Peppermint oil can assist in nervous disorders and is dramatically effective in stimulating the mind and focusing concentration, for treating the respiratory tract, muscular aches and pains and for some skin problems. On the skin, peppermint oil is used to relieve skin irritation and itchiness and also helps to reduce skin redness, where inflammation is present. It is used for dermatitis, acne, ringworm, scabies and pruritus and also relieves itching, sunburn and inflammation of the skin, while at the same time having a cooling action. When included in a cream or lotion, it will help to ease the sting of sunburn, reduce redness of inflamed skin, reduce itchiness and cools down the skin with its vasoconstrictor properties.

### **Rose Geranium**

Rose geranium oil has a balancing effect on the nervous system and relieves depression and anxiety, while lifting the spirits and making the world an easier place to live in. It has a

balancing effect on the adrenal cortex and is great for relieving stress. On the skin, rose geranium oil helps to balance the secretion of sebum and clears sluggish and oily skins, while the antiseptic and healing properties make this oil an effective aid to help with burns, wounds, ulcers and other skin problems. This uplifting oil has a great all-over balancing effect and this extends to the skin - where it helps to create balance between oily and dry skin, keeping the skin supple and clearing congested skin and the emotions - where it helps to relieve feelings of stress and anxiety, and to balance the hormone system. As a constituent in a blended cream or lotion, rose geranium essential oil can be used for clearing sluggish and oily skin, as well as wound, burn and ulcer healing and has value in the treatment of eczema.

### **Rosemary**

Rosemary oil has a pronounced action on the brain and the central nervous system and is wonderful for clearing the mind and mental awareness, while having excellent brain stimulant properties, as well as improving memory. It helps with headaches, migraines, neuralgia, mental fatigue and nervous exhaustion and the antiseptic action of rosemary oil is especially suitable for intestinal infections and diarrhoea, easing colitis, dyspepsia, flatulence, hepatic disorders and jaundice and relieving pain associated with rheumatism, arthritis, muscular pain and gout. It also helps for arteriosclerosis, palpitations, poor circulation and varicose veins. On the skin, it helps to ease congestion, puffiness and swelling and can also be used for acne, dermatitis and eczema, but a very popular use of this oil is the use in hair care products, as it has a pronounced positive effect on the health of the hair and scalp. It increases the circulation to the scalp and is therefore also effective for promoting hair growth. In a cream or lotion it is most beneficial for improving blood circulation and decongesting the skin. When added to shampoo it not only increases the circulation to the scalp and thereby improving hair growth, but also acts as a general conditioner and tonic for the hair and scalp.

### **Sandalwood**

This relaxing oil has a harmonising and calming effect which reduces tension and confusion and is ideal for use in depression, hectic daily lifestyles and states of fear, stress, nervous exhaustion, chronic illness and anxiety. On the skin, sandalwood oil relieves itching and inflammation of the skin, and is most effective in relieving dehydrated skin - making it great for anti-ageing skincare - and the astringent action has a great toning effect and is also used with great results in oily skin conditions and to prevent the skin from forming ugly scars and for fighting dry eczema. When used in a lotion or cream sandalwood oil can assist with chapped, dry or inflamed skin and has wonderful moisturising and hydrating properties, which are great for anti-ageing skincare. The toning effect is useful when fighting oily skin.

### **Tea Tree**

Tea tree oil is very important in the health of the immune system, as it acts as a immune system stimulant and increases the body's ability to fight off any infections, while it also is used to revive the mind and body after shock. When it is added to the water for washing it



has great value to treat abscesses, bed sores, acne, boils, lice, dandruff, wounds, as well as animal or human bites and can also be applied neat on problem areas with a cotton bud. When tea tree oil is blended into a cream or lotion and applied to the skin, it will help to clear up any fungal, bacterial as well as viral infections - and can therefore be used for a variety of problems - ranging from boils, abscesses, acne, bites, dandruff and other scalp disorders and is also effective to help sort out bed sores, nappy rash or any other rash.

### **Thyme**

Thyme oil strengthens the nerves, aids memory and concentration, can help with the feeling of exhaustion and combats depression, while it fortifies the lungs and helps with colds, coughs, asthma, laryngitis, sinusitis, catarrh, whooping cough, sore throats and tonsillitis. Thyme oil is beneficial to boost the immune system and can help fight colds, flu, infectious diseases and chills and as a urinary antiseptic, it is very helpful for cystitis and urethritis. The warming effect of this oil can help in cases of poor circulation, as well as for arthritis, rheumatism, gout, muscular aches and pains, sprains and sport injuries. As a blended massage oil it can assist with arthritis, bronchitis, colds, flu, coughs, gout, bruises, eczema, mucus congestion, muscular aches and pains, obesity and rheumatism.