

## Glossary

General glossary/Essential oils/carrier oils/Vitamins



**Aloe vera** (aloe barbadensis) Obtained from the Aloe Vera plant.

Benefits: Used for its skin softening, soothing properties and healing properties. Penetrates the skin, supplying moisture directly to the skin's tissues.

**Avocado Oil** This is a mono-unsaturated oil, which is dark green in colour. It is rich in vitamins A, D and E. Benefits: This oil is very soothing for the skin in general but particularly good for mature and dry skin. Very helpful for nappy rash.

**Beeswax** An emulsifier, taken from honeycomb.

Benefits: Forms a protective network on the skin's surface. It is also an anti-oxidant and therefore has some free radical-scavenging ability (ie - fights harmful pollutants).

**Borage Infused Oil** Borage Seed Oil has twice the amount of GLA's as Evening Primrose Oil and has anti-inflammatory properties.

Benefits: It helps to improve the skin's ability to protect itself.

**Carrot Infused Oil** This oil is rich in beta-carotene and vitamins B, C D and E. Benefits: It has anti-inflammatory and rejuvenating effects on the skin.

**Calendula Infused Oil** This is an infused oil which means the flowers/herbs have been soaked in oil for many weeks, then drained.

Benefits: Contains effective anti-itching and anti-inflammatory properties.

**Clay** Together with the sun, air and water, clay is a most powerful agent of physical regeneration. Ancient Greeks used clay in the treatment of fractures. Clay can be green, red, pink, yellow or white. Each one has its own properties. The colour of the clay is determined from the depth of the earth from which it is taken. Clay contains silica, iron, calcium, magnesium, sodium and potassium.

**Cocoa butter** It is the fat pressed from the cocoa bean.

Benefits: Softens and lubricates the skin.

**Grapefruitseed extract** Comes from the citrus seed.

Benefits: Used as a natural preservative having anti-bacterial and anti-fungal properties.

**Green Tea** Extract Made from the Camellia Sinensis plant. Benefits: It is renowned for its anti-oxidant properties. It also has anti-bacterial properties.

**Karite** (Shea Butter) A natural fat obtained from the fruit of the Karite tree. It can penetrate the dermis because of its molecular structure. Once it has reached the dermis it is understood that the it helps to synthesise collagen and elastin to support the skin's structure. Collagen provides strength and elastin allows the skin to stretch.

Benefits: Shea Butter protects the skin from dehydration and effects of climate on the skin. It helps to keep the skin supple, and restores moisture to the skin.

**Lecithin** Lecithin is derived from soya lecithin fractions.

Benefits: It is a blend of phospholipids that serve to form the membranes of cell walls. It is high in B vitamins and is an anti-oxidant.

**Vegetable Emulsifying wax** As the name implies - it is an emulsifier - that holds oil and water together and comes from Palm Oil.

Benefits: Holds oil and water together. In the Purifying Cleanser, it creates a stable emulsion that allows dirt to be lifted and washed away.

**Vegetable glycerine** Comes from vegetable oil.

Benefits: A humectant(attracts water from the air)which helps the skin to retain moisture.

**Spring water** Our bodies are 70% water. It is an important component of the skin's makeup and is

essential for the proper functioning of the skin and our body.

**Wheat Amino Acids** This is a protein produced from *Triticum Vulgare* plant.

Benefits: Helps to strengthen capillary walls.

## Essential Oils

Essential oils are nature's gift to our health and senses. Essential oils are volatile substances (ie - they evaporate when exposed to air) produced by plants and mainly extracted through distillation. Essential oils contain vitamins, hormones and antibiotics, and boast many benefits including the ability to soothe and calm.

**Calendula CO2 extract** Described as having a deeply herbaceous aroma.

Benefits: Anti-inflammatory and is effective where skin is chapped and cracked. It is a skin regenerator.

**Carrot Co2** (*Daucus Carota*) Described as having a slightly sweet aroma. It has cytophylactic properties.

Benefits: In skincare, carrot helps to improve the complexion as it improves skin tone and elasticity. It also has a 'cleansing' effect on the mind and so it is useful in helping with mental exhaustion.

**Cistus** (AKA Rock Rose - *Cistus Ladaniferus*) Described as having a warm, balsamic aroma. It has anti microbial (destroys microbes) and astringent properties.

Benefits: It is excellent for use in skin care as it helps lymphatic drainage. Helps at times when there is a feeling of emptiness.

**Clary sage** (*Salvia Sclarea*) Described as having a fruity, floral and nutty fragrance. It has a euphoric action on the mind helping with depression.

Benefits: Antispasmodic (relieves cramping) and emmenagogue (promotes and regulates menstrual flow) make clary sage useful for uterine problems and pre-menstrual syndrome (PMS). Also encourages labour. Beneficial for its analgesic, relaxing effect and facilitates slow breathing.

**Frankincense** (*Boswellia Carteri*) Described as warm, woody sweet and spicy fragrance.

Benefits: Soothing effect on the mind. Ideal for meditation. In skin care, frankincense has a cytophalactic action (which encourages the growth of skin cells). Ideal for mature skin. Also helps balance oily skin.

**Geranium** (*Pelargonium Graveolens*) Described as having a sweet yet heavy fragrance.

Benefits: Balancing effect on the nervous system. Lifts the spirits. Great for stress! Useful for all skin conditions as it has a balancing effect on the sebum. Great for congested, oily skin.

**German Chamomile** (*Matricaria Recutita*) Described as having a strong, yet sweet aroma. It has anti-allergenic properties.

Benefits: The anti-allergenic properties are gained from the chemical component of chamazulene. Chamazulene also has anti-inflammatory, soothing and calming benefits.

**Ginger** (*Zingiber Officinalis*) Described as having a spicy, warm aroma. It has stimulating and grounding properties.

Benefits: It's great when you are feeling flat as it sharpens the senses and warms the body. It's also great for nausea and digestive problems.

**Grapefruit** (*Citrus Paradisi*) Described as having a fresh, sweet, citrusy aroma.

Benefits: An uplifting oil. Great for stress and nervous exhaustion. In body care its diuretic properties make it useful for lymphatic stimulation (ie water retention).

Jasmine (*Jasminum Gradiflorum*) It is described as sweet and floral with a 'heady' fragrance.

Benefits: Great for childbirth to relieve pain and strengthen contractions. In skincare, it is useful for dry and/or irritated skin.

**Lemon myrtle** (*Backhousia Citriodora*) Described as having a fresh and lemony aroma.

Benefits: In skin and body care lemon myrtle is active against bacteria and fungal infections. Also has a

purifying effect.

**Lime** (*Citrus Medica*) Described as having a sweet, fresh aroma. It has toning and refreshing properties.

Benefits: Lime is very refreshing and uplifting so it's great for a tired body and mind. It also has disinfectant and detoxifying properties.

**Mandarin** (*Citrus Reticulata*) Described as having a fresh, sweet, citrusy aroma. It has uplifting yet sedating properties.

Benefits: Due to its uplifting properties it is helpful for anxiety and acts as a mild sedative for the nervous system.

**Myrrh** (*Commiphora Myrrha*) Described as having a warm, spicy aroma. It has antimicrobial (destroys microbes) and antiseptic properties.

Benefits: It is very valuable for cracked and sore skin as it helps to prevent infection and promotes tissue repair. Emotionally it is good for people who feel 'stuck' emotionally or spiritually.

**Neroli** (*Citrus Aurantium*) Described as having a bitter-sweet floral scent.

Benefits: An effective sedative and anti-depressant. Very useful for emotional and physical shock. In skin care, neroli is excellent for sensitive or inflamed skin. Its properties make it useful for stimulating cellular re-growth and the treatment of broken capillaries.

**Palmarosa** (*Cymbopogon Martinii*) Described as having a floral sweet aroma.

Benefits: Emotionally this oil is uplifting and calming. In body and skin care it has a hydrating effect on the skin. It stimulates natural secretions of sebum and promotes regenerating cellular activity.

**Roman Chamomile** (*Chamaemelum Nobile*) It is pale yellow in colour and is described as having a warm, fruity scent.

Benefits: A calming, sedative oil that's also a traditional remedy for babies and children when colicky, teething and tense.

**Patchouli** (*pogostemon cablin*) Described as having a strong and earthy aroma.

Benefits: In skincare it assists in healing. It is good for eczema and rough, cracked skin. Helps stimulate skin cells and scar tissue.

**Petitgrain** (*Citrus aurantium* Var. *Amara*) Described as having a fresh, floral aroma. It has anti-depressive and deodorising properties.

Benefits: Petitgrain has a sedating effect on the nervous system and is useful for insomnia.

**Rose** (*rosa centifolia*) Described as having a deep sweet and 'rosy' aroma.

Benefits: It is used in skincare as it has anti-inflammatory properties and is also astringent and helps to heal wounds. It is also considered to be a neurotonic because it is uplifting.

**Sandalwood** (*Santalum Album*) Described as having a woody and sweet aroma.

Benefits: Great for harmonising and calming the emotions. A good stress beater! In body and skin care it is used to relieve itching, and to balance dehydration. It also has mildly astringent properties.

**Spikenard** (*Nardostachys Jatamansi*) Described as having a heavy, rooty aroma and has inflammatory properties. Benefits: It is known to have an overall toning effect on skin anti functions. Whilst it is particularly good for mature skin, it can be used on all skin types. Spiritually, Spikenard has a history of religious use and is useful for meditation.

**Sweet Myrtle** (*Myrtus Communis*) Described as having a clear, fresh aroma. It has antiseptic and refreshing properties.

Benefits: In skincare it is soothing and anti-inflammatory. It is a good lymphatic/venous tonic. Emotionally it is soothing and uplifting and brings internal harmony.

**Sweet orange** (*Citrus Cinesis*) Described as being a refreshing oil with a fruity aroma.

Benefits: Emotionally, this oil has a positive influence on the mind, conveying warmth and happiness. Good for stress. In body and skin care sweet orange stimulates the lymphatic system, and is good for

water retention. Also beneficial for dry, inflamed skin conditions.

**True lavender** (*Lavendula Angustifolia*) Described as having a floral, sweet and herbaceous aroma.

Benefits: Lavender is well known as an essential oil and has many uses. This oil is soothing, healing, and is good for headaches and stress. Its sedative properties can help those having trouble sleeping as well as helping with aches and pains. In body and skin care lavender has a balancing and soothing effect on the skin. Its antiseptic properties make it a must-have for your first aid kit too.

**Ylang-Ylang** (*cananga odorata*) Ylang-ylang is particularly useful for PMS and due to its sedative properties can be used for lowering blood pressure. In skin care Ylang-ylang has a balancing effect on the sebum making it useful for dry or oily skin.

## Vitamins

**Vitamin A** (Palmitate) Palmitate is extracted from the plant. Helps skin stay soft and improves water barrier properties making it useful to combat dryness and pollution. Also increases the production of collagen/elastin.

**Vitamin B (6)** Water soluble- soothing to the skin useful for metabolising essential fatty acids.

Panthenol - Vitamin (B5) Acts as a penetrating moisturiser. Aids in tissue repair and is also anti-inflammatory.

**Vitamin D** Helps to improve the feel and firmness of skin. Also important for cellular turnover.

**Vitamin E** acetate Antioxidant and free radical scavenger. As an antioxidant it has a preservative function.

## Carrier Oils

A cold pressed vegetable oil to which you can add essential oils. Essential oils are too strong to apply directly to the skin. But by blending them with a carrier oil the benefits of the essential oil can be easily absorbed.

**Apricot Kernel Oil** (seed based) Very nourishing for the skin, improving elasticity. High in Vitamin E. It's gentle enough for a baby's delicate skin.

**Avocado Oil** Obtained from the flesh of the fruit, traditionally used for its softening and protective properties

**Coconut Oil** This oil is sourced from the flesh of coconut. It's great for helping moisture stay in the skin.

**Centella Oil** Gota Kola (plant) A soothing, anti-itching healing oil. Also a known inhibitor of keratinocyte proliferation - that is, it stops cells dividing too quickly as seen in psoriasis and is an effective stimulant for circulation

**Evening Primrose Oil** (plant based) Rich in fatty acids - particularly Gamma Linolenic Acid (GLA), which is a substance that's biologically important to our bodies. Poor skin condition, eczema, susceptibility to infections and difficult wound healing can be associated with a GLA deficiency.

**Jojoba Oil** Although commonly referred to as an oil, Jojoba is actually a liquid wax very similar to our own skin's make-up. This means it can be readily absorbed as a natural moisturiser.

**Macadamia Oil** (nut based) A highly nourishing and moisturising oil with a slight sunscreen effect. Macadamia is very close to our own skin's natural moisturising factor (NMF) due to its high percentage of palmitoleic acid. Palmitoleic Acid is a mono-saturated fatty acid also found in sebum.

**Rosehip Oil** (seed based) A beautiful oil extracted from the seeds of the rosehip plant. It's very beneficial to the skin due to its high levels of both linoleic and linolenic fatty acids. Great for regenerative skin care.

**Sesame Oil** (seed based) Natural moisturising properties from mono-unsaturated and polyunsaturated fatty acids make sesame oil a great inclusion for natural skin care. Also high in Vitamins B and E.