



## Glossary of Ingredients & Terms

<b>Analgesic</b>	A type of medication that alleviates pain without loss of consciousness
<b>Antibiotic</b>	A substance that kills or inactivates bacteria
<b>Antifungal</b>	A substance that kills fungus
<b>Antigenic</b>	Substance that stimulates production of an antibody
<b>Antioxidant</b>	A substance that inhibits the destructive effects of oxidation
<b>Antiphlogistic</b>	Counteracting inflammation
<b>Antiseborrhoeic</b>	Able to control the oily secretion of sweat glands
<b>Antiseptic</b>	Reducing or preventing infection, especially by the elimination or reduction of the growth of microorganisms that cause disease or decay
<b>Antiviral</b>	Something that acts against a virus
<b>Apricot oil</b>	Pressed from the kernels of the <i>Prunus armeniaca</i> (apricot). Rich in the essential fatty acids oleic and linoleic, apricot oil is known for its ability to penetrate the skin without leaving an oily feel. Its moisturizing, revitalizing properties make it popular for use in cosmetics for dry or aged skin. It is popular as massage oil.
<b>Aqua</b>	Another word for water
<b>Astringent</b>	A substance that draws tissue together, a pore-closing substance
<b>Australian peppermint</b>	An essential oil from Australian grown <i>Mentha piperita</i> . Peppermint is regarded as one of the world's oldest medicines, with archaeological evidence placing its use as far back as 10,000 years ago. It is used in shampoos and soaps to leave a minty scent, produce a cooling sensation on the skin, inhibit the growth of some bacteria and to help soothe and relax muscles.
<b>Avocado oil</b>	Pressed from the fruit of the <i>Persea americana</i> (avocado). Avocado oil is one of few vegetable oils not derived from seeds; it is pressed from the fleshy pulp surrounding the avocado pit. It is frequently found in cosmetics, where it is valued for its regenerative and moisturizing properties. It is high in monounsaturated fats and Vitamin E.
<b>Bactericide</b>	A substance or agent that destroys bacteria
<b>Balsamic</b>	Soothing medicine or application having the qualities of balsam (benzoic acid)
<b>Benzoic acid</b>	Balsam, a colorless crystalline solid found in some natural resins. Used in the manufacture of pharmaceuticals and cosmetics for its soothing properties
<b>Ceteareth-20</b>	Ceteareth 20 – also called cetearyl alcohol – is a fatty alcohol derived from natural oils and fats (cetyl and stearyl alcohol) that can be used to thicken and stabilize formulations. Ceteareth-20 is used in cosmetics as a surfactant (cleansing and solubilizing agent). It is used as an emulsifying wax in lotions, creating a thicker, waxier end product, and is excellent for foot and elbow creams, which require a thicker, waxier cream.
<b>Cetearyl alcohol</b>	See Ceteareth-20
<b>Cetrimonium chloride</b>	Cetrimonium chloride is a synthetic compound widely used as a surfactant (cleansing and solubilizing agent) in hair conditioning products.
<b>Chamomile German blue essential oil</b>	Extracted from <i>Matricaria recutita</i> in the daisy family. Referred to as blue chamomile, it has a deep blue, almost black color to the oil. The oil has a sweet, straw-like fragrance. It is considered excellent for skin care and is used in many cosmetics, soaps, and perfumes, massage blends, skin creams and bath oils. Its therapeutic properties are considered analgesic, anti-inflammatory and vulnerary.
<b>Cicatrisant</b>	Something that promotes healing by formation of scar tissue
<b>Cicatrizant</b>	Also cicatrisant. An agent that promotes healing through scar formation



<b>Cinnamon leaf essential oil</b>	Extracted from <i>Cinnamomum zeylanicum</i> (also known as <i>C. verum</i> and <i>Laurus cinnamomum</i> ) of the Lauraceae family. It is also referred to as Ceylon, Madagascar, Seychelles or true cinnamon. The oil has a spicy, warm, clove - like smell and is believed to be a stimulant, analgesic, antiseptic, antibiotic, astringent and a natural insecticide.
<b>Citric acid</b>	Citric acid is a weak organic acid found in citrus fruits. It exists in a variety of fruits and vegetables, but is most concentrated in lemons and limes. It serves as an environmentally benign cleaning agent and acts as an antioxidant. When applied to hair, citric acid opens up the outer layer, known as the cuticle. While the cuticle is open, it allows for a deeper penetration into the hair shaft. It can be used in shampoo to wash out wax and coloring from the hair.
<b>Citruse</b>	Citruse is a combination citric essential oils
<b>Cocamidopropyl betaine</b>	Used as a surfactant in bath products such as shampoos and hand soaps and in cosmetics as an emulsifying agent and thickener. It also serves as an antistatic agent in hair conditioners
<b>Coconut oil</b>	Also known as coconut butter is tropical oil with many applications. It is extracted from copra (derived from Malayalam word "kopra," which means dried coconut). Coconut oil is excellent as a skin moisturizer and softener
<b>Cordial</b>	Refreshing, stimulating or invigorating
<b>Cytophylactic</b>	Increasing the leukocyte activity to defend the body against infection
<b>Depurative</b>	An agent that helps detoxify and combat impurities
<b>Emollient</b>	Softening or soothing, especially to the skin
<b>Esters</b>	An organic, often fragrant, compound formed in a reaction between an acid and an alcohol with the elimination of water
<b>Eucalyptus radiata essential oil</b>	Distilled from the leaves of eucalyptus tree. Used in body care for its penetrating, refreshing scent and therapeutic properties. Cooling, refreshing, energizing, eucalyptus oil is considered to be antiseptic, analgesic, antiviral, balsamic, cicatrisant, deodorizing, depurative, prophylactic, stimulating and vulnerary.
<b>Exfoliant</b>	Substance that removes dead skin
<b>Frangipani oil</b>	Frangipani oil is from <i>Plumeria</i> (common name Frangipani) native to tropical and subtropical Americas. <i>Plumeria</i> has spread to all tropical areas of the world, especially Hawaii, where it grows so abundantly that people think it is indigenous there. In several Pacific islands, such as Tahiti, Hawaii and Tonga, <i>Plumeria</i> is used for making leis. Frangipani has a heavy, sweet, floral-green aroma, with a soft spicy background. Known as Flower of the Gods, frangipani intoxicates the senses.
<b>Ginger essential oil</b>	Ginger essential oil is extracted from the plant <i>Zingiberaceae officinale</i> and is also known as Common or Jamaica Ginger. It has a strong scent – a spicy, sharp, warm and with a hint of lemon and pepper. As a part of a cream or lotion, it is believed to relieve arthritis, muscle aches, rheumatism, poor bactericidal circulation and bruises. Ginger oil is considered to be analgesic, antiseptic, bactericidal, stimulating and tonic.
<b>Glycerin</b>	Also called glycerol and glycerine, it is a colorless, odorless, viscous liquid widely used in body care formulations as a means of improving smoothness, providing lubrication and as a humectant (a substance that absorbs or helps retain moisture, as in a skin lotion). Glycerol is a component of glycerol soap, which is used by people with sensitive, easily-irritated skin because it prevents skin dryness with its moisturizing properties.



<b>Grapefruit seed extract</b>	Grapefruit seed extract, also known as citrus seed extract, is a liquid derived from the seeds, pulp, and white membranes of grapefruit. It is considered to possess antibacterial, antiviral, and anti-fungal properties
<b>Grapefruit white</b>	Grapefruit White essential oil is extracted from white grapefruit. Grapefruit oil is added to creams and lotions as a natural toner. It has a fresh, slightly bitter citrus scent. It is believed to ease muscle fatigue and stiffness. It is also considered a purifier of congested, oily and acne prone skin.
<b>Hemp seed oil</b>	The fruit of hemp ( <i>cannabis</i> ) is not a true seed, but an achene, a tiny nut covered by a hard shell. This highly polyunsaturated oil is employed as a raw material for soaps and detergents and as an emollient (a substance that softens or soothes something, especially the skin) in body care products.
<b>Honey</b>	Used as an emollient in body care
<b>Horsetail extract</b>	Horsetail ( <i>equisetum arvense</i> ) is an herb that yields a high concentration of silica and other minerals. Silica promotes the re-growth, strength and elasticity of connective tissue Known for its soothing, regenerating properties as well as its toning and astringent qualities horsetail extract is believed to stop bleeding and heal wounds
<b>Humectant</b>	A substance that absorbs or helps retain moisture, e.g. a skin lotion
<b>Jasmine essential oil</b>	Jasmine essential oil is from an evergreen, fragile, climbing shrub with dark green leaves and small white star-shaped flowers, which are picked at night, when the aroma is most intense. It has a sweet, exquisite and richly floral smell. It is considered aphrodisiacal. It is warming and smoothing oil used to revitalize and stimulate the skin. It is used to tone dry, greasy, irritated and sensitive skin; increase, elasticity and reduce scarring. It is considered antiseptic and cicatrisantic.
<b>Lauric acid</b>	A fatty acid obtained chiefly from coconut and laurel oils and used in making soaps, cosmetics, esters, and lauryl alcohol.
<b>Lavender angustifolia</b>	<i>Lavandula angustifolia</i> , also known as <i>Lavender Fine</i> , is a lavender essential oil high in esters
<b>Lavender essential oil</b>	Lavender essential oil is from an evergreen woody shrub with pale green, narrow linear leaves and violet blue flowers. It has a fresh, sweet, floral, herbaceous, slightly fruity scent. It is used in body care for its relaxing, calming scent and to temporarily relieve skin conditions such as acne. The Greeks and Romans used its antiseptic quality to bathe and cleanse their wounds. Common uses for lavender oil in the present day are: for scalds, minor burns (including sunburn), cuts, grazes, inflammation, eczema, dermatitis, bacterial infections, boils and arthritis. The therapeutic properties of lavender essential are considered to be analgesic, antiphlogistic, antiseptic, antiviral, bactericidal, cicatrisantic, cordial, cytophylactic, deodorizing, vulnerary. Lavender essential oil is commonly associated with burns and healing of the skin. Its antiseptic and analgesic properties are believed to ease the pain of a burn and prevent infection. Its cytophylactic properties are believed to promote rapid healing and help reduce scarring
<b>Lemongrass essential oil</b>	Used in body care for its fresh lemony scent and skin improving qualities. It is considered to be analgesic, antiseptic, astringent, bactericidal, deodorizing, fungicidal and tonic.
<b>Leukocyte</b>	White blood cells responsible for fighting disease
<b>Litsea cubeba essential oil</b>	Also known as May Chang, Litsea Cubeba oil is derived from a small tropical and fragrant tree. It has a sharp, fragrant, sweet lemony smell, similar to Lemongrass oil. It is used in skin toners to the fight acne and excessive perspiration. It is considered anti- inflammatory, astringent, antiseptic, a stimulant and tonic



<b>Macadamia oil</b>	Macadamia oil (or macadamia nut oil) is from the nut meat of the macadamia ( <i>Macadamia integrifolia</i> ) tree. In cosmetic formulations it acts as an emollient or fragrance fixative. Macadamia oil's rich, cushiony skinfeel and high oxidative stability make it especially suitable for heavy creams and sun care formulations
<b>Manuka essential oil</b>	Manuka essential oil is steam distilled from the leaves and small stems of wild East Cape <i>Leptospermum Scoparium</i> (Manuka), a bushy plant with small spiky leaves and pink flowers indigenous to New Zealand. It has a woody, cedar-like scent. In body care, it is used as an antiseptic for use on the skin. It helps heal cuts, spots, boils and ulcers. It is especially indicated where healing has been slow. Manuka has a drying effect that is taken advantage of in the treatment for acne and for oily conditions of the skin. It is considered to be analgesic, anti-acne, anti-fungal, anti-histamine, anti-infectious, anti-inflammatory, antiseptic, anti-viral, and bactericidal.
<b>Manuka honey</b>	Manuka honey is gathered and made in New Zealand, by bees, from the flowers of the manuka bush. It is used externally to help soothe, treat and heal skin problems – acne, dryness, pimples, minor cuts, scratches, skin irritations, blemishes and rashes.
<b>Neem oil</b>	Neem oil is a vegetable oil pressed from the fruits and seeds of Neem ( <i>Azadirachta indica</i> ), an evergreen tree endemic to the Indian subcontinent and introduced to many other areas in the tropics. It is used to treat skin disorders. It is used for preparing cosmetics (soap, hair products, body hygiene creams, hand creams). Neem has long been used in both traditional Indian medicine and Ayurvedic medicine of the Hindus for the treatment of tetanus, urticaria, eczema and erysipelas. It is considered antibacterial, antifungal, anti-inflammatory, antiseptic and antiviral.
<b>Nopal</b>	Nopal is a species of cactus that has been revered in Mexico since Aztec times for its curative and nutritional properties. It is rich in vitamins C, B, B2 and minerals. It is used in skin care to soothe and moisturize the skin
<b>Panthenol</b>	Panthenol is the alcohol analog of pantothenic acid (vitamin B5), and is thus the provitamin of B5. In cosmetics, panthenol is a humectant, emollient and moisturizer. It binds to hair follicles and is a frequent component of shampoos and hair conditioners. It coats the hair and seals its surface lubricating follicles and making strands shiny.
<b>Patchouli essential oil</b>	Patchouli ( <i>Pogostemon cablin</i> ) is a member of the mint family. It is a large (3 feet) perennial mint that grows in tropical climates. Its scent is rich, earthy, musky and woody with a nearly hidden fruity note. It is used as a topical remedy for skin problems such as acne, eczema, inflamed, cracked, chapped and irritated skin. It is known as a cell rejuvenator and helpful in healing wounds and scars. As an antifungal, patchouli oil has been used to treat athlete's foot. For the hair, patchouli oil has been used for dandruff and to aid oily hair. It helps break down cellulite, while stimulating the regeneration of skin cells, speeding up healing and preventing ugly scars forming when wounds heal. The therapeutic properties of patchouli oil are believed to be antiphlogistic, antiseptic, astringent, cicatrificant, cytophylactic, deodorizing, fungicidal and tonic.
<b>Peppermint essential oil</b>	Peppermint oil is extracted from <i>Mentha piperita</i> of the Labiatae family and is also known as brandy mint and balm mint. For body care, it is used for both its scent and its therapeutic properties. On the skin, peppermint oil is used to relieve irritation and itchiness and reduce redness, where inflammation is present. It is used for dermatitis, acne, scabies and pruritus. It is considered analgesic, anesthetic, antiseptic, anti-inflammatory, astringent, cordial and stimulating.



<b>Prophylactic</b>	Protecting against infection or disease
<b>Prunus dulcis</b>	The oil of <i>prunus dulcis</i> , also known as sweet almond, is extracted from a species of <i>Prunus</i> belonging to the subfamily Prunoideae of the family Rosaceae. An almond is the seed of this tree. This oil has been traditionally used by massage therapists to lubricate the skin during a massage session, being considered an effective emollient.
<b>Rose geranium oil</b>	Rose geranium essential oil is extracted from the plant <i>Pelargonium graveolens</i> of the Geraniaceae family. It has a sweet and rosy smell with a mint overtone. Its vital, sensual presence is not subtle, but direct & unavoidable, making it one of the oils of choice for aphrodisiac qualities. Rose geranium oil is used to create balance between oily and dry skin, keeping the skin supple and clearing congested skin. It is considered to be antidepressant, antiseptic, astringent, cicatrisant, cytophylactic, deodorizing, styptic, tonic and vulnerary.
<b>Rose oil</b>	Rose oil, meaning either rose otto (attar of rose, attar of roses) or rose absolute, is the essential oil extracted from the petals of various types of rose.
<b>Saponified palm oil</b>	Palm oil is obtained from the fruit of the oil palm tree Palm oil (from the African Oil Palm, <i>Elaeis guineensis</i> ). It is used as the base for liquid soaps and shampoos.
<b>Sorbitol</b>	A white crystalline sweet alcohol used as a moisturizer.
<b>Soy bean oil</b>	The soybean (U.S.) or soya bean (UK) ( <i>Glycine max</i> ) is a species of legume native to East Asia. It is a good base oil for skin and hair care products with its moisturizing and smoothing properties
<b>Spirulina</b>	Spirulina is blue - green algae (seaweed). Algae are some of the most nutrient-rich life forms in nature, which is why they're present in so many cosmetics. Spirulina acts as a skin toner and adds vitality to skin tissues. When combined with sand it serves as an exfoliant. Spirulina contains amino acids, vitamins, chlorophyll, beta-carotene and other antioxidants in a natural form
<b>Stearic acid</b>	A colorless, odorless, waxlike fatty acid occurring in natural animal and vegetable fats. It is used in making soaps and candles.
<b>Styptic</b>	Able to stop bleeding by causing blood vessels to contract or by accelerating clotting
<b>Surfactant</b>	An a cleansing and solubilizing agent that reduces the surface tension of liquids so that the liquid spreads out, rather than collecting in droplets
<b>Sweet almond oil pure</b>	See <i>Prunus dulcis</i>
<b>Sweet orange essential oil</b>	Sweet orange essential oil is pressed from the outer skin of oranges Its scent is citrusy and brightly fragrant. It is used in body care for its scent and its therapeutic qualities, which are considered to be antibiotic, antidepressant, antigenic, anti-inflammatory, antiseptic, bactericidal, calmative, fungicidal, humectant, and tonic.
<b>Tea tree oil</b>	Tea tree essential oil is taken from the leaves of the <i>Melaleuca alternifolia</i> which is native to Australia. It is used in body care for soothing skin care. It is used to treat dandruff, candidiasis, acne, insect bites, boils, minor wounds, sunburn, poison ivy, ear infections, and bee stings. It is considered to be antiseptic, antifungal, anti-inflammatory, antiviral, antibacterial, cicatrisant, and disinfecting. The oil is believed able to penetrate into the lower skin layers with these properties to help the skin.
<b>Tonic</b>	Something that lifts the spirits or makes somebody feel better generally
<b>Vulnerary</b>	Capable of or used for treating and healing wounds
<b>Ylang ylang essential oil</b>	Ylang ylang ( <i>Cananga odorata</i> ), flower of the <i>Cananga</i> tree, yields a highly fragrant essential oil The fragrance is rich and deep with notes of rubber and custard, and bright with hints of



jasmine and neroli. Like jasmine and rose, it's exotic, sweet smell has long been considered an aphrodisiac Ylang ylang oil is used in body care for its exotic scent and therapeutic properties. It is used to normalize sebum secretion for skin. Sebum lubricates hair and skin and provides some protection against bacteria. It is considered to be antiseborrheic and antiseptic.