




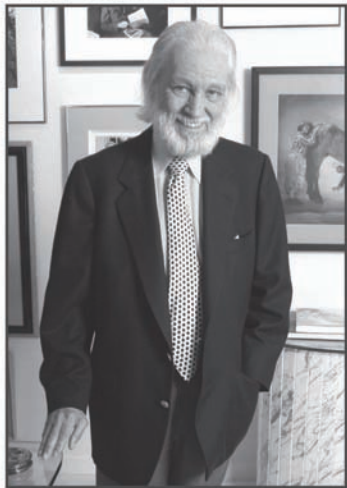
Natural
INGREDIENTS
DICTIONARY

by Aubrey Hampton



Plus
TEN SYNTHETIC
COSMETIC
INGREDIENTS
TO AVOID

INTRODUCTION



This *Dictionary of Natural Ingredients* lists many of the ingredients used by natural cosmetics manufacturers, myself included. Of course, it would be impossible to name every ingredient, but we've tried to do our best.

By updating our *Dictionary* from time to time, we hope to improve on it and make the list more and more comprehensive.

In listing these ingredients, I first use their most common names, which will be easily recognized and can be looked up in any good, standard

dictionary. The INCI names of most ingredients are also included. The definitions are my own and are based on herb lore, extensive reading, and what I have discovered in working with the various herbals and plant extracts in hair and skin care.

On pg. 48 you will find a list of "Ten Synthetic Cosmetic Ingredients to Avoid." These ingredients are commonly found in personal care products. They are harmful to the environment as well as to us, but are so widely used, you'll even find them in cosmetic products sold in health food stores. Like food additives that don't belong in our good, natural foods, these chemicals don't belong in our good, natural hair, skin and body care products.

ABOUT BEING NATURAL

When I founded Aubrey Organics® more than four decades ago, I wanted my fledgling company to set new standards for personal care. Back in 1967, organic standards did not exist in any form. The name of the company then reflected my own desire to create a line of products made exclusively with

ingredients from nature, products that offered alternatives to the cheap, petrochemical personal care that dominated the retail market.

Today Aubrey Organics® remains a pioneer in the natural and organic personal care industry. I have formulated more than 200 natural hair, skin and body care products, all of which have been handcrafted in our Tampa, Florida, manufacturing plant (with the exception of our bar soaps, which are hand-milled in France). We have always followed—and still follow—Good Manufacturing Practices that go well beyond U.S. Food and Drug Administration (FDA) guidelines. Since 1967—long before it was an FDA requirement—I’ve listed all ingredients in the labels of my products—natural ingredients in their most natural form. I do not test on animals or use animal testing data as proof of an ingredient’s safety or effectiveness; my ingredients have a proven record of safe use.

In 1994 my company became the first personal care manufacturer to be certified as an organic processor by Quality Assurance International of San Diego, California. This means that our factory—where we create our products—is regularly inspected and certified as a manufacturing facility where organic ingredients can be handled, well... organically. We’re committed to using premium natural and organic ingredients—and the list of certified organic herbs and plant extracts you’ll find in our products keeps growing. In 2004, Aubrey Organics® became the first U.S. cosmetic company to receive Germany’s prestigious BDIH Certified Natural Cosmetics seal, and in 2008, I created the first natural makeup line to be certified by the Natural Products Association. I believe there is no better way to show our customers just how natural we really are.



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AUBREY ORGANICS MILESTONES

My mother was an herbalist who made her own hair and skin care products at home. She'd pull up a camomile plant and say, "From the flower heads to the roots, nature works together." Her words stay with me until this day. That's why I've always been committed to working with natural ingredients.

Aubrey Organics was the first personal care company to:

- List ingredients on our product labels (1967)
- Create a natural absorption base of essential fatty acids, coconut fatty alcohols and aloe vera (1968)
- Develop a safe, reliable preservative with citrus seed extract and antioxidant vitamins A, C and E (1974)
- Achieve certification as an organic processor (by Quality Assurance International of San Diego, California) (1994)
- Create certified organic personal care products that received the USDA organic seal (2003)
- Receive the European BDIH Certified Natural Cosmetics seal, the first U.S company to do so (2004)
- Create a natural makeup line to be certified by the Natural Products Association (2008)
- Introduce these uniquely beneficial ingredients to the natural personal care industry:



- Lactalbumin, a milk protein (1968)
- Sulfur-containing amino acids (1968)
- Jojoba oil (1972)
- Evening primrose oil (1982)
- Rosa Mosqueta rose hip seed oil (1986)
- Blue camomile oil (1987)
- Herbal gums (1988)
- Matcha green tea (1995)
- Blue green algae and grape seed extract (1998)
- Sea buckthorn oil (1999)
- Topical Ester-C (1999)
- Organic orange pith juice (2003)

COMMON TERMS

You'll often see these terms when reading about personal care products and ingredients. Here are some helpful definitions.

ANTIOXIDANTS — Substances that counter the destructive effects of free radicals in the body, which are a major cause of disease and aging. Antioxidants protect tissue against cellular damage by stabilizing free oxygen molecules. Often used in natural preservative systems to prevent oxidation of fats and oils. Some natural antioxidants are vitamins A, C and E, alpha lipoic acid and green tea.

DETERGENTS — Cleansing agents that are chemically different from soaps, but resemble them in the ability to emulsify oils and hold dirt in suspension. Detergents can vary widely in composition. Though some can be plant-based, most are processed with petroleum derivatives or are synthetic. Examples: sodium lauryl/laureth sulfate, cocamide DEA, cocamidopropyl betaine.

EMOLLIENTS — Oils and other ingredients that soften and smooth the skin and reduce dryness, roughness and irritation. In hair care products, they restore lost moisture to hair fiber, contributing to shine and strength. Examples: coconut fatty alcohols, essential fatty acids, shea butter, jojoba oil.

EMULSIFIERS — Substances used to help oil and water bind together and stay in suspension. Examples: lecithin, carrageenan.

EXFOLIANTS — Used in masks, scrubs and cleansing lotions, exfoliants encourage skin cell regeneration by removing dead skin cells, making way for new cells underneath. Manual exfoliants such as ground nuts, meals and jojoba wax spheres gently slough off dead skin cells, while fruit acid exfoliants dissolve the cellular glue that holds skin cells together to reveal new, fresh cells. Enzymatic exfoliants such as papaya digest dead skin cells and offer the mildest form of exfoliation.

HUMECTANTS — Promote water retention in hair and skin care products by attracting and binding water to themselves. Examples: vegetable glycerin, sorbitol, honey, mucopolysaccharides.

HYDRATORS — Supply water to the hair and skin. Plant liquids are the best source of beneficial hydrating agents. Examples: aloe vera, orange pith juice, vegetable glycerin, deionized water.

SAPONINS (GLYCOSIDES) — Substances found in nature that foam readily in water, used as foam boosters, emulsifiers and mild cleansing agents in natural shampoos. Examples: quillaya, yucca, soapwort. Soaping agents with properties similar to plant glycosides can be made from coconut fatty alcohols and cornstarch glucose. Example: coconut/corn oil soap.

SEQUESTRANTS — Chelating agents that act by binding to and removing metal ions (such as calcium, magnesium and iron) and nonmetal ions (such as chlorine and salt) from hard water, causing hair to be cleansed and rinsed more thoroughly. Sequestrants also help minimize discoloration of natural and color-treated hair that might normally be altered by pool and salt water or excessive perspiration. Examples: corn syrup, citric acid, kelp extract, alginate.

SOAP — A natural cleansing agent (surfactant) with the ability to emulsify oils and hold dirt in suspension. Bar soaps are made from the combination of fats, oils and/or fatty acids and sodium salts (sodium hydroxide, an alkali) dissolved in water. In liquid soap, potassium salts (potassium hydroxide) are utilized. While sodium and potassium salts can be harsh and drying, in a properly balanced formula, sodium hydroxide and potassium hydroxide cease to exist as separate entities when they combine with the oils to form soap, leaving no potential for skin irritation.

SURFACTANTS — Surface active agents responsible for wetting, dispersion and emulsification. Wetting enhances the spreading and penetrating ability of a liquid, which in turn improves the cleaning ability of water. There are three basic types of surfactants commonly used in shampoo formulas: detergents, soaps and glycosides.

TONICS — Herbal extracts that soothe, clarify, stimulate or otherwise improve the condition of the skin, hair and scalp. These are typically extracted in vegetable glycerin, water or natural grain alcohol, or added as essential oils. Examples: horsetail, nettle, ginseng, camomile.

VOLUMIZERS — Substances that bind to and thicken hair fiber to increase fullness. Examples: soy protein, almond protein, wheat protein, panthenol, herbal gums.

NATURAL INGREDIENTS DICTIONARY

ACACIA CATHECHU (Katha). Used as a natural coloring agent in henna hair preparations.

ACACIA GUM See Gum Arabic.

ACIDOPHILUS / GRAPE FERMENT See Fruit Acids.

ALANINE See Amino Acids.

ALCOHOL DENAT. (38B, LAVENDER) Specially denatured alcohol 38b is pure, natural grain alcohol that is rendered undrinkable by the addition of an essential oil. The federal government allows for several different types of essential oils to be used as denaturants under the SDA 38b classification. However, the preferred additive for the natural cosmetic industry is lavender. (See also Natural Grain Alcohol.)

ALFALFA EXTRACT *Medicago sativa*. Natural cleanser and mild exfoliant high in vitamins A, B, C, D and E, and minerals. Used in face masks, bath oils, creams, and lotions, alfalfa is also rich in protein, which makes it an excellent ingredient for hair care products. Contains saponins (natural foaming agents).

ALGAE EXTRACT A powerful nutrient rich in amino acids, antioxidant vitamin C and vitamin B-12—that enhances cell formation. An excellent addition to antiaging formulas for its gradual tightening and firming effect on the skin. Extracts of *Nannocloropsis oculata*, *Euchema spinosum* and *Gigartina stellata* can be used for this purpose. Another algae, carrageenan (*Chondrus crispus*), also known as Irish moss, is used as a thickener and stabilizer in cosmetic preparations. (See also Carrageenan.)

ALLANTOIN *Symphytum officinale*. Extract from comfrey used in celltherapy treatments, face creams and suncare preparations as a healing agent and moisturizer. An anti-inflammatory and anti-irritant, allantoin is reported to promote skin cell regeneration. It can also be made from uric acid, but the comfrey root type is superior. The finest quality allantoin is free of pyrrolizidine alkaloids.

ALLSPICE *Pimenta dioica fruit extract.* The ground, dried berries of an evergreen tree indigenous to the West Indies. Often used as a spice or fragrance, it also acts as a scalp tonic.

ALMOND MEAL *Prunus amygdalus dulcis seed meal.* Ground sweet almond kernels, used in face masks as a mild exfoliant.

ALMOND OIL — See Sweet Almond Oil; Bitter Almond Oil.

ALMOND PROTEIN — See Vegetable Protein.

ALOE VERA FILLET — *Aloe barbadensis leaf.* The whole gel-like “fillet” removed from the aloe leaf. An excellent skin soother and hydrator.

ALOE, ALOE VERA, ALOE VERA OIL — *Aloe barbadensis leaf/leaf juice.* In the first century A.D., Roman naturalist Pliny wrote extensively about aloe as a healing agent for wounds and abrasions. It is considered one of nature’s most effective remedies for sunburn and skin irritations, and a superb hydrator for dry hair and skin. Use organic aloe whenever possible.

ALPHA LIPOIC ACID — *Thioctic acid.* Powerful antioxidant and anti-inflammatory obtained from potatoes. Used in anti-wrinkle lotions and moisturizers for its protective effects on skin.

AMINO ACID COMPLEX (CYSTEINE, METHIONINE) — See Cysteine; see Methionine.

AMINO ACIDS — Amino acids are the “building blocks” that make up proteins. Because proteins are necessary to every living cell and are involved in every major process in the body, amino acids are essential to health. Of the roughly 28 known amino acids, 80 percent are manufactured by the body. The others, known as essential amino acids, must be obtained from the diet. Amino acids support proteins in the skin (collagen, elastin, etc.) and, used in certain combinations, help regulate oil production in the skin and scalp. Human hair is made up of 18 amino acids, which is why many quality hair care products contain them. (See also Cysteine; Methionine.)

ANGELICA — *Angelica archangelica*. Both the essential oil and the dried leaves of this herb are very aromatic. Angelica oil and angelica wax are excellent skin soothers.

ANISE OIL — *Illicium verum*. Essential oil used as a natural fragrance.

ANISEED FRUIT OIL — *Pimpinella anisum*. A natural fragrance.

APPLE OIL — *Pyrus malus*. Extracted from the peel of apples and combined with the juice from the pulp. Contains malic acid, an antioxidant and natural pH adjuster. Has a pleasant fragrance.

APRICOT KERNELS, APRICOT SEEDS — *Prunus armeniaca*. Ground into a powdered form, these ingredients are added to exfoliating masks and scrubs for their smoothing effect on the skin.

APRICOT OIL — *Prunus armeniaca kernel oil*. Essential oil from apricot pits, also known as persic oil. An emollient similar in composition to almond oil, it has a softening effect on the skin.

AQUA — See Deionized Water.

ARGININE — See Amino Acids.

ARNICA OIL — *Arnica montana*. Herbal extract used in hair tonics and massage preparations for its nourishing and anti-inflammatory properties. Combined with vitamin E, it is an excellent natural deodorant.

ASCORBIC ACID — A water-soluble form of vitamin C. (See Vitamin C; Ester-C .)

ASCORBYL PALMITATE — An oil-soluble form of vitamin C. (See also Vitamin C.)

ATLAS CEDAR — *Cedrus atlantica*. Aromatic essential oil known for its antiseptic and calming properties on the skin and its warm, woody scent. Its use as a natural fragrance dates back to ancient Egypt.

AUBREY S PRESERVATIVE — Natural preservative blend composed of citrus seed extract (from grapefruit seeds) and antioxidant-rich vitamins A, C, and E. This preservative extends

the shelf life of products by no less than one year, and sometimes as much as three years, depending on the product.

AVOCADO OIL — *Persea gratissima*. A good source of vitamins A, D and E, amino acids and sterols. Herbalists traditionally have used avocado oil in hair and scalp preparations and in the treatment of chronic dry skin conditions. Easily absorbed by the skin and scalp, it is very soothing and nourishing.

BALM MINT — *Melissa officinalis*. Very mild extract, ideal for sensitive skin and skin prone to rashes and other allergic reactions. An anti-irritant and sedative, it soothes and calms the skin and scalp and promotes healing.

BALSAM — *Myroxylon balsamum*. Antiseptic and antibacterial widely used in topical preparations for its healing properties, and in hair tonics and antidandruff products. Sometimes also used as a fragrance.

BASIL — *Ocimum basilicum*. The essential oil from this fragrant spice helps promote circulation. It has detoxifying properties and is often used in products for acne-prone skin.

BAY LAUREL OIL — *Lauris nobilis*. Essential oil obtained from the leaves of the bay laurel tree, indigenous to the Mediterranean. Often used as a spice or fragrance, it also acts as a scalp clarifier and tonic.

BAY LEAF/BAY RUM OIL — *Pimenta racemosa/pimenta acris*. Essential oil native to the West Indies. A tonic for skin and scalp, widely used in men's colognes and aftershaves for its fresh, spicy scent. (See also Pimenta Leaf Oil.)

BEESWAX — *Cera alba*. A natural humectant, also used in cosmetics as an emulsifier and thickening agent.

BEET ROOT EXTRACT — *Beta vulgaris*. The extract or juice of beets, used as a natural red color.

BENZOIN GUM, BENZOIN BARK — *Styrax benzoin extract*. Natural antiseptic and astringent with antioxidant and preservative properties. Promotes healthy skin and scalp. A tincture is used in dentistry to treat inflammation of gums.

BENZOIN OIL — *Styrax benzoin resin extract*. Antiseptic, anti-inflammatory and astringent. Used in skin care products, it boosts elasticity and helps calm stressed skin.

BENZYLIC ACID — See Fruit Acids.

BERGAMOT OIL — *Citrus bergamia*. Essential oil from the peel of the fruit, an analgesic and tonic, sometimes used as a fragrance. Only bergapten-free oil should be used.

BETA-CAROTENE — Orange or red compounds, precursors to vitamin A, which occur naturally in plants. Essential for skin health. (See also Carrot Oil.)

BILBERRY FRUIT — *Vaccinium myrtillus extract*. Astringent and tonic, the extract of the berries has been shown to increase capillary strength. A source of natural fruit acids, used in facial masks and lotions to promote exfoliation and encourage a more rapid turnover of skin cells. (See Fruit Acids.) Taken internally, bilberry is said to improve night vision and help prevent macular degeneration.

BIOTIN — Also known as vitamin H, biotin is part of the B vitamin group. It is an important factor in the growth of tissue and the proper functioning of the oil glands. A biotin deficiency can lead to dry skin, seborrheic dermatitis and the formation of dandruff and crusts in the scalp. Biotin is vital for the maintenance of a normal fat metabolism, and is essential for hair growth and scalp health.

BIRCH — See White Birch Extract.

BITTER ALMOND OIL — *Prunus amygdalus amara*. Essential oil used as a skin softener. Sometimes added to cosmetics for its mild, pleasant scent.

BLACK CURRANT EXTRACT — *Ribes nigrum*. A source of natural fruit acids used in face masks and lotions to encourage a faster turnover of skin cells. (See also Fruit Acids.)

BLACK PEPPER OIL — *Piper nigrum*. Essential oil steam-distilled from black peppercorns. Tonic and antimicrobial. Blended with other essential oils, it creates a distinctive spicy fragrance.

BLADDERWRACK EXTRACT — *Fucus vesiculosus*. Seaweed rich in alginic acid, amino acids, polysaccharides, minerals and vitamins. Its essential oil is a stimulant and tonic. It is often used in massage lotions and some hair and scalp care products.

BLUE CAMOMILE (MOROCCAN CAMOMILE) — *Tanacetum annuum*. An antimicrobial and tonic, very soothing to scalp and skin. Also known as blue tansy, its essential oil is deep blue in color and has a lovely fragrance.

BLUE CYPRESS OIL — *Callitris intratropica*. Essential oil widely used in Australia for its woody fragrance and germ-zapping properties. A natural disinfectant and freshener, blue cypress oil makes an excellent addition to bath products and room deodorizers.

BLUE GREEN ALGAE — *Aphanizomenon flos aquae*. Made up of 50% to 70% utilizable protein, blue green algae is an excellent food, used for thousands of years for its mild taste and easily assimilated nutrients. A good source of enzymes, minerals, trace minerals and antioxidants, its amino acid profile is virtually identical to that of humans, which makes it more readily absorbed by the skin. Used in hair care products for its protein content, it helps revitalize and condition dull, damaged hair.

BLUE MALLOW — See Mallow.

BOIS DE ROSE — See Rosewood.

BORAGE OIL — *Borago officinalis*. Nutrient-dense oil high in rare gamma-linolenic acid (GLA), also found in human breast milk. An anti-inflammatory and soothing agent, very beneficial for some dry skin conditions. Combined with Rosa Mosqueta oil and alfalfa extract, borage oil is an excellent ingredient for dry or mature skin preparations.

BRASSICA CAMPESTRIS / ALEURITES FORDI OIL — A natural copolymer made by combining chinawood (tung) and turnip (canola) oils under heat and pressure. Gives shine and slip to hair and lip care products. No plastics or chemical additives are used in making this copolymer.

BURDOCK — *Arctium lappa root extract*. Antiseptic and antibacterial used topically to calm certain skin conditions. Its oil extract smoothes and revitalizes the hair and tones and soothes the scalp. An excellent ingredient in conditioners, anti-frizz hair care products and styling aids for coarse, curly, hard-to-handle hair.

CADE WOOD OIL — *Juniperus oxycedrus*. Essential oil obtained by steam distillation of the wood from the juniper tree. Used by European herbalists as a cleanser and toner to help clear and condition the scalp and prevent flaking. Today coal tar, a dangerous petrochemical, is generally used in its place in many mass-produced hair care products.

CALAGUALA FERN EXTRACT — *Polypodium leucotomos*. Used by Mayan Indians in skin and scalp preparations as far back as 350 B.C., this soothing herbal smoothes and conditions the skin and helps clear and tone the scalp and remove buildup. A superb addition to preparations for dry skin and scalp conditions.

CALAMINE — A natural blend of zinc oxide and a small amount of ferric oxide, used in skin lotions, ointments and liniments for the treatment of itchy skin and rashes.

CALCIUM PANTOTHENATE — See Panthenol.

CALENDULA — *Calendula officinalis*. The common marigold, known for its healing and analgesic properties. It is a frequent ingredient in ointments and natural deodorants. Contains saponins. Sometimes used as a natural yellow color.

CAMOMILE — *Chamomilla recutita*, *Matricaria recutita*. A softening agent for rough, dry skin, used since ancient times for its calming and conditioning effects. Its soothing and hydrating properties also work well on the hair and scalp. In hair care formulations, it brings out highlights in blond or light brown hair. There are several different types of camomile (also spelled chamomile), including German camomile (*Chamomilla recutita* / *Matricaria recutita*) and Roman camomile (*Anthemis nobilis*).

CAMPHOR OIL — *Cinnamomum camphora*. Tonic and freshener used in small amounts in lotions and creams for its cooling and soothing effects. Has anti-inflammatory and antiseptic properties.

CANADIAN WILLOWHERB — *Epilobium angustifolium*. Anti-inflammatory and soothing agent shown in clinical studies to work faster and better than many hydrocortisone creams in reducing itching and irritation. A superb skin care ingredient, often used in suncare products. Contains salicylic acid.

CARAMEL — A natural color.

CARDAMOM OIL — *Elettaria cardamomum*. Antioxidant and antiseptic. One of the oldest essential oils known, its use dates back to ancient Egypt.

CARMINE — A stable, natural pigment harvested from the wings of the cactus beetle, which provides a bright red color.

CARNAUBA WAX — *Copernicia cerifera*. Plant wax used as a thickening agent in cosmetics, and to increase the spreadability of powdered makeup for better coverage.

CAROTENOIDS — See Beta-carotene.

CARRAGEENAN — *Chondrus crispus*. Food-grade seaweed gum obtained from Irish moss and other red algae. A natural stabilizer, binding agent and emulsifier, high in sulfur and very nourishing to skin and scalp. Food-grade carrageenan should not be confused with degraded carrageenan, which is a known carcinogen.

CARROT OIL — *Daucus carota sativa root extract*. Orange or red compounds, rich in beta-carotene, that are precursors to vitamin A. Also high in vitamin E, carrot oil is essential to skin cell regeneration and helps stimulate the production of sebum in dry scalp and skin.

CASSIA OIL — *Cinnamomum cassia*. A natural fragrance, very similar to cinnamon.

CASTILE SOAP — A mild vegetable oil-based soap saponified with an alkaline salt. (See also Olive Oil Castile.)

CASTOR SEED OIL — *Ricinus communis*. Humectant and skin soother, often added to lipsticks, glosses and other cosmetic products to improve their texture.

CAYENNE PEPPER EXTRACT — *Capsicum frutescens*. Its active ingredient, capsaicin (the chemical responsible for making peppers hot) is a powerful analgesic that works by blocking the activity of substance P, responsible for the transmission of pain impulses in the body. An excellent anti-inflammatory and warming agent, used in massage lotions and liniments to soothe tight, overworked muscles and tension.

CEDAR LEAF OIL — *Thuja occidentalis*. Adds a woody note to perfumes and other cosmetic products.

CEDARWOOD OIL (RED) — *Cedrus atlantica bark oil*. Essential oil known for its anti-irritant properties and its soothing effect on the skin and scalp. Sometimes used as a natural fragrance.

CELLULOSE GUM — The most abundant polymer found in nature. Used as a setting agent in hairsprays, styling gels and mousses. A natural alternative to synthetic polymers (such as PVP) found in most mass-produced styling aids. Also used as a binder and thickener in cosmetic products.

CETYL ALCOHOL — See Coconut Fatty Alcohol.

CHAMOMILE — See Camomile.

CHINESE ANGELICA — *Angelica archangelica*. Superb skin and scalp tonic and antibacterial used in preparations for acne and other skin conditions.

CHINESE CHRYSANTHEMUM — *Chrysanthemum sinense*. Used in Chinese medicine for the treatment of allergic reactions and skin irritations. Known for its soothing effect on the skin and scalp.

CHRYSANTHEMUM — *Chrysanthemum sinense*. Often called Persian pellitory or painted daisy. A natural astringent and skin revitalizer.

CINNAMON — *Cinnamomum zeylanicum bark powder*. Fragrant spice used as a coloring agent in natural makeup. Has antioxidant and antimicrobial properties.

CITRIC ACID — Extract from citrus fruits; used as a natural pH adjuster in cosmetics. Added to shampoos, it acts as a chelating agent, binding to chlorine and iron (from hard water) and removing them from the hair.

CITRONELLA — *Cymbopogon nardus*. Aromatic essential oil often used in fragrance blends. Also used as a natural insect repellent at very high concentrations.

CITRUS SEED EXTRACT — *Citrus grandis*. The extract from grapefruit seeds, shown to have antifungal, antimicrobial and antiviral properties. Combined with antioxidant vitamins, it makes an effective plant-based preservative. (See Aubrey's Preservative.)

CLARY SAGE OIL — *Salvia sclarea*. Essential oil with astringent and anti-wrinkle properties, also used as a natural fragrance.

CLEMATIS — *Clematis vitalba*. Applied topically, this herb has anti-inflammatory properties and a soothing effect on the skin.

CLOVE OIL — *Eugenia caryophyllus*. Soothing agent and antiseptic. Herbalists often recommend this fragrant herb for sensitive teeth and gums.

CLOVEBUD OIL — *Eugenia caryophyllata*. Fragrant oil often used in aromatherapy. Has antiseptic properties.

COCO GLUCOSIDE — See Coconut Oil-Corn Oil Soap.

COCOA BUTTER — *Theobroma cacao seed butter*. The solid fat extracted from the seeds of the cocoa plant. A rich emollient used in lipsticks, creams, soaps and sun care products for its moisturizing and soothing properties.

COCONUT FATTY ACID CREAM BASE — Absorption base containing essential fatty acids, coconut fatty alcohols from palm kernels, aloe vera and vitamins A, C and E. Rich in linoleic and linolenic acids (vitamin F), excellent nutrients and skin conditioners. In hair care products, it is often combined with the important amino acids cysteine and methionine, which are high in sulfur and excellent for the hair and scalp.

COCONUT FATTY ALCOHOLS — *Cetyl Alcohol, Myristyl Alcohol*. The long-chain fatty alcohols from coconut palm kernels, which are natural emollients. (See also Coconut Fatty Acid Cream Base.)

COCONUT MILK — *Cocos nucifera fruit juice*. The milk from coconuts, a natural hair and skin hydrator.

COCONUT OIL — *Cocos nucifera*. Rich emollient expressed from coconuts. It is naturally converted into a soap through a saponification reaction with an alkaline salt. Beware of cosmetics that bill themselves as “natural” and use a synthetically processed derivative, sodium lauryl sulfate, claiming it comes “from coconut oil.” Accept nothing but the real thing in its natural form.

COCONUT OIL SOAP — See Coconut Oil.

COCONUT OIL-CORN OIL SOAP — Natural cleansing and foaming agent made from coconut/palm fatty alcohols and glucose obtained from corn. This mild, natural detergent has a similar composition to saponins (plant glycosides) obtained from soap bark (quillaya) and yucca root.

COLLAGEN — *Soluble Collagen*. Dermal protein that makes up 70 percent of the body's connective tissue. Applied topically, it helps attract and retain moisture to smooth and soften the skin, increase elasticity and diminish the appearance of fine lines and wrinkles.

COLTSFOOT — *Tussilago farfara*. Superb skin nutrient, high in polysaccharides, vitamin C and zinc. A natural anti-inflammatory and soothing agent, it helps soften and regenerate the skin. Com-

bined with horsetail in hair care preparations, it strengthens and smoothes hair fiber and promotes scalp health.

CONEFLOWER — *Echinacea purpurea*. See Echinacea.

CoQ10 (CO-ENZYME Q10) LIPOSOMES — *Ubiquinone*. High in polyunsaturated fatty acids (especially linoleic acid) and protein, CoQ10 helps support cell structure with antioxidant and protective action, and has been shown to reduce the appearance and depth of wrinkles and increase the skin's moisture with regular use. (See also Liposomes.)

CORN COB MEAL — *Zea mays*. Powder obtained from ground dried corn cobs, added to masks and scrubs for its pore-clearing and exfoliating properties. Sometimes used as a thickener.

CORN SYRUP — *Hydrolyzed corn starch*. Natural chelating agent added to shampoos to improve rinseability by binding to iron (from hard water) and chlorine and removing them from the hair. Also used as an emulsifier and humectant.

CORNMINT OIL — *Mentha arvensis*. Essential oil with similar properties to peppermint oil. Often used in soaps for its antiseptic effect and pleasant fragrance.

CUCUMBER — *Cucumis sativus fruit extract*. Used in face creams, lotions and cleansers for its astringent, soothing and cooling properties. Rich in antioxidant vitamin C, an excellent protector and skin nutrient.

CYSTEINE — Sulfur-rich amino acid, very beneficial to the hair and skin. (See also Amino Acids.)

D-ALPHA TOCOPHEROL — *Tocopherol/Tocopheryl acetate*. Also known as Vitamin E. The most potent antioxidant vitamin around, it protects skin from cancer-causing free radicals and is essential for proper utilization of oxygen in the tissues. In cosmetics it also acts as a natural preservative, protecting the oil phase in creams and lotions.

DEIONIZED WATER — *Aqua*. Purified water that has had ions removed. The deionization process also removes nitrates, calcium, magnesium and heavy metals.

DESERT HERB COMPLEX — Unique hair care herbal blend consisting of organic jojoba, aloe and yucca root extract. (For more information on these ingredients, see individual entries.)

EARTH SMOKE — See Fumitory.

ECHINACEA — *Echinacea purpurea*. Two varieties of this versatile herb are used both internally and externally in folk medicine as natural antibiotics to treat a variety of ills. A number of studies have pointed to its antibacterial and antifungal properties. Its root extract is used in cell therapy and anti-wrinkle creams as a hydrator and firming agent.

ECLIPTA ALBA — (False Daisy). Used as a natural coloring agent in henna hair preparations.

EGG OIL — The extract from whole eggs, rich in natural emulsifiers. An excellent emollient and humectant featured in shampoos, rinses and conditioners for dry or damaged hair for its soothing and moisturizing properties. In skin care products, it improves texture and soothes and hydrates skin without clogging the pores.

ELASTIN — *Hydrolyzed elastin*. One of the three main proteins found in the skin, along with collagen and reticulin. (See also Hydrolyzed Elastin.)

ELDER FLOWERS — *Sambucus nigra*. A superb skin softener. Contains an oil high in fatty acids (66%), very beneficial to the hair and skin.

ENGLISH LAVENDER — See Lavender Oil.

ESSENTIAL FATTY ACID CREAM BASE — See Coconut Fatty Acid Cream Base.

ESSENTIAL FATTY ACIDS — See Vitamin F.

ESSENTIAL OILS — Volatile liquids extracted from plant materials by steam distillation or expression, which contain the characteristic plant aroma. Unlike fixed plant oils (such as olive oil), essential oils evaporate at room temperature and do not leave an oily residue on the skin.

ESTER-C TOPICAL — *Calcium ascorbate*. A patented form of natural vitamin C, both oil- and water-soluble, clinically shown to retain its potency longer than other forms. While ordinary vitamin C degrades quickly in skin care products, Ester-C Topical is stable and delivers the full benefit of this powerful antioxidant, penetrating into deep layers of the skin to promote collagen production. (Ester-C is a registered trademark of Inter-Cal Corporation.)

EUCALYPTUS OIL — *Eucalyptus globulus*. Essential oil with powerful antiseptic, antibacterial and antifungal properties. Used in cleansers, massage formulations and bath soaks for its cooling, soothing effect on the skin. Herbalists recommend a few drops of the oil in a hot bath to open up blocked sinuses and help clear a stuffy nose.

EVENING PRIMROSE OIL — *Oenothera biennis*. Superb emollient and skin nutrient, high in essential fatty acids. A source of rare gamma-linolenic acid (GLA), also found in human breast milk. Extremely beneficial in the treatment of eczema and other dry skin and scalp conditions.

FATTY ACID ESTERS — Waxes derived from plants and animals, which are less greasy than fatty acid extracts. Jojoba oil (wax) and lanolin from wool are examples of fatty acid esters. Used in absorption bases, and as emulsifiers in cosmetics.

FATTY ACIDS — Basic building blocks of fats and oils. Fatty acids attach to a glycerin molecule to form mono-, di- or triglycerides. (See Vitamin F.)

FENNEL — *Foeniculum vulgare*. Rich in oleic and linoleic acids, essential fatty acids. It has a “tightening” and firming action on the skin.

FIR OIL — See Pine Needle Oil.

FLAXSEED LIGNANS — *Linum usitatissimum*. Phyto-nutrients found in flaxseeds, known for their antioxidant, anti-inflammatory and oil-balancing properties on the skin. Clinical tests show that, applied twice daily, flax lignans decrease sebum production by as much as 20% after 28 days. Used in skin care

formulations to prevent acne and clogged pores and reduce ingrown hairs and skin bumps caused by shaving.

FLAXSEED OIL — *Linum usitatissimum*. Emollient and anti-inflammatory, high in essential fatty acids, B vitamins, protein and minerals. Very nourishing to dry hair and skin, whether taken internally or applied topically.

FLORAL WATERS — See Hydrosols.

FRUCTOSE — A sugar found in fruits and honey that soothes, hydrates and encourages moisture retention in the skin.

FRUIT ACIDS — A group of acids naturally occurring in fruits and herbs, used in cosmetics for thousands of years to clear and smooth the complexion. They work by loosening the “glue” that holds the outer layer of cells to the surface of your skin cells. The patented trade name for fruit acids is Alpha-hydroxy acids, which are synthetically derived in most commercial formulations. (Alpha-hydroxy acids are now common ingredients in cosmetics, but were originally used as solvents in cleaning compounds and for tanning leather.) Some natural sources for fruit acids include bilberry herb, black currant, grapefruit, tomato, wine and grapes (glycolic, malic, pyruvic, benzylic, citric, tartaric and lactic acids).

FUCUS — See Bladderwrack.

FUMITORY — *Fumaria officinalis*. A superb tonic and purifier, this ancient Chinese herbal is known for its brightening effect on the skin. Combined with ginkgo leaf, it is very beneficial to the hair and scalp.

GALBANUM — *Ferula galbaniflua*. Used in cosmetics for its leafy fragrance, and as a fixative for other scents.

GERANIUM OIL — *Pelargonium graveolens*. Essential oil with astringent and tonic properties, an excellent normalizer for oily skin. Sometimes used as a fragrance.

GERMAN CAMOMILE — See Camomile.

GINGER — *Zingiber officinale*. Anti-inflammatory and stimulant with warming and soothing properties. Used in creams, lotions and hair care products, it promotes circulation to the skin and

scalp. In both powdered and essential oil form, it is an excellent ingredient for bath soaks and other personal care products. Sometimes used as a fragrance.

GINKGO LEAF EXTRACT — *Ginkgo biloba*. Ancient Chinese herbal used in preparations to combat the effects of aging since 2,800 B.C. An anti-inflammatory and anti-allergenic, very soothing to the skin and scalp. Combined with fumitory in hair care products, it increases the hair's ability to absorb nutrients and improves scalp circulation.

GINSENG ROOT — *Panax ginseng root extract*. One of the most prized herbs in China. A stimulant and tonic used in facial masks, lotions and overnight creams, it is also an effective ingredient in hair care products for its conditioning properties. Contains saponins.

GLUCOSE — A fruit sugar from corn and grapes that soothes and hydrates the skin, encouraging moisture retention.

GLUTAMIC ACID — See Amino Acids.

GLYCERYL LINOLEATE / GLYCERYL LINOLENATE — See Essential Fatty Acids.

GLYCOGEN — A sugar-based carbohydrate (polysaccharide) the body uses for energy storage. (See Glycoprotein.)

GLYCOLIC ACID — Fruit acid from sugar cane and other sources, often used in exfoliating masks and lotions to help remove dead skin cells and promote new cell growth. (See also Fruit Acids.)

GLYCOPROTEIN — A protein linked to a polysaccharide (glycogen). Glycoproteins (derived from oyster shells) contain sugars and amino acids, which help strengthen and smooth the hair fiber.

GOA HERB — *Andira araroba* (chrysarobin). A natural astringent, its chemical affinity to the keratin elements of the skin makes this herb an excellent treatment for acne, eczema and other skin conditions. A calming agent for itching, flaking or irritated skin.

GRAIN ALCOHOL — See Natural Grain Alcohol.

GRAPE SEED EXTRACT — *Vitis vinifera*. One of the most powerful antioxidants around, high in proanthocyanidins, a group of bioflavonoids superior to most because they are water-soluble and much more easily assimilated by the body. A hard-working free radical scavenger, it prevents skin cell damage caused by sun exposure and pollution.

GRAPE SEED OIL — *Vitis vinifera*. Antioxidant-rich oil cold-pressed from grape seeds.

GRAPEFRUIT OIL — *Citrus grandis*. An essential oil extracted from the peel of the fruit. Used in creams and lotions for its astringent and skin-freshening properties. Sometimes used as a fragrance.

GRAPEFRUIT SEED EXTRACT — *Citrus grandis*. See Citrus Seed Extract; Aubrey's Preservative.

GREEN CLAY — *Montmorillonite*. Commonly known as French green clay, rich in minerals and other nutrients. Used in deep-cleansing face masks to draw out impurities and balance and clear the skin.

GREEN TEA — *Camellia sinensis*. The benefits of green tea to the skin have been widely documented. This powerful antioxidant (20 times stronger than vitamin E) inhibits the formation of cancer-causing free radicals and helps prevent skin cell damage caused by sun exposure and pollution. An important ingredient in sun care products, as well as in creams, lotions, shampoos and conditioners. An anti-inflammatory and anti-irritant, it is high in xanthines, very soothing and moisturizing to both hair and skin. Powdered Matcha green tea from Japan is the finest.

GUAR GUM — *Cyampopsis tetragonoloba*. Extract from the guar bean, used as a thickener and emulsifier in cosmetic products.

GUM ARABIC — *Acacia senegal gum*. Herbal gum used as a thickener and emulsifier in creams and lotions, and as a hair set in styling gels and sprays. Often combined with gum tragacanth.

GUM TRAGACANTH — *Astragalus gummifer*. A thickener and binding agent in creams and lotions, this herbal gum is also a key ingredient in natural setting lotions, hairsprays and gels. Both gum arabic and gum tragacanth are natural alternatives to synthetic polymers (such as PVP) found in most commercial hair products.

HE SHOU WU — *Polygonum multiflorum*. Powerful scalp stimulant and tonic used in traditional Chinese medicine to refresh and energize the scalp, minimize hair loss and prevent or reverse graying hair. (In Chinese, shou-wu literally means “a head full of black hair.”)

HEMATITE — *Iron Oxides*. A mineral used as a coloring agent in face powders and makeup. Hematite varies in color from reddish-brown to black.

HEMP SEED OIL — *Cannabis sativa*. A rich emollient and skin nutrient, high in essential fatty acids (linolenic and linoleic) and antioxidant vitamins A and E. Very soothing and moisturizing to the skin.

HENNA EXTRACT — *Lawsonia inermis*. A staple in shampoos and hair rinses for thousands of years for its coloring and/or conditioning properties. In its most common form, it is used to impart red or reddish-brown tones to the hair. Non-coloring (neutral) henna adds body and highlights without altering hair color.

HO WOOD OIL — *Cinnamomum camphora*. Essential oil, often used as a fragrance. Also known as white camphor.

HONEY — Light humectant and nutrient used as a thickening agent to give body to facial masks, creams and lotions.

HONEYSUCKLE — *Lonicera caprifolium*. An excellent cleanser and purifier used in facial creams, shampoos and soaps. The oil adds a pleasant, sweet fragrance to cosmetics.

HOPS — *Humulus lupulus*. Antimicrobial and sedative, very soothing and toning to the hair and skin. In hair care preparations, it adds body and softness and is helpful in the treatment of dan-

druff and other scalp conditions. Combined with camomile, it reduces swelling and relieves itching and irritation.

HORSE CHESTNUT — *Aesculus hippocastanum*. Anti-inflammatory, anti-irritant and mild astringent that helps stimulate circulation to the skin. Often found in massage lotions, and in products for sensitive skin for its sedative properties. Contains saponins.

HORSETAIL — *Equisetum hyemale* (bottlebrush). Nutrient-rich herbal high in silica, essential to collagen production. A vegan alternative to collagen treatments, it firms and refreshes the skin and promotes healing. Often used in conjunction with coltsfoot in hair care products, it strengthens the hair shaft and adds sheen and elasticity.

HYDROLYZED ELASTIN — A naturally derived, water-soluble protein of bovine origin. Applied topically, it helps attract and retain moisture to smooth and soften the skin.

HYDROLYZED OAT PROTEIN — See Oat Protein.

HYDROLYZED SOY PROTEIN — Water-soluble protein naturally derived from soy via the enzymatic hydrolysis process. Applied topically, it is an excellent hydrator that improves the texture and resiliency of the skin. In hair care formulas, it coats porous and damaged areas to strengthen and mend hair fiber.

HYDROSOLS — Also known as floral waters, hydrosols are byproducts of the steam distillation of plant materials. While essential oils are concentrated forms of plant essences, hydrosols are highly diluted, made up of variable ratios of plant materials to water. To protect consumers, standards are being developed to determine an acceptable ratio. Quality hydrosols are beneficial to skin and hair, but do not offer all the synergy of natural, unprocessed plant liquids (e.g., aloe vera and orange pith juice).

INDIAN GOOSEBERRY — *Emblica officinalis*. Used as a natural coloring agent in henna hair preparations.

INDIGOFERA — *Indigofera tinctoria*. A safe, natural plant color (deep blue to purple). Has antiseptic properties.

INOSITOL — Naturally occurring in lecithin, this B vitamin is produced by the body in greater quantities than any other nutrient. Essential for cell respiration, it helps maintain skin and scalp health.

IRON OXIDES — A mineral used as a coloring agent in face powders and makeups. Varies in color from reddish-brown to black.

IVY — *Hedera helix*. Antifungal often found in massage lotions and anticellulite preparations for its skin-toning and firming properties. Contains malic acid, a natural fruit acid that encourages skin cell turnover. (See also Fruit Acids.) Also used in shampoos and hair products for dandruff and other scalp problems. Contains saponins.

JASMINE OIL — *Jasminum officinale*. Essential oil of the aromatic flower, widely used in aromatherapy for its calming effect and as a natural fragrance in cosmetics and perfumes. A popular herbalm edicinei nC hina, ve rys oothingt ot hes kina nds calp.

JOJOBA BUTTER — *Jobaba esters*. Natural butter made from jojoba oil. An excellent skin emollient.

JOJOBA MEAL — *Simmondsia chinensis*. High in protein and natural fibers, this byproduct of the moisture-rich jojoba plant contains 17 amino acids. Its mild exfoliating properties help clear away dead skin cells and nourish and deep-cleanse the complexion without drying it out.

JOJOBA OIL, JOJOBA WAX — *Simmondsia chinensis*. Waxy oil extracted from the bean, which helps the jojoba desert plant retain water during the long summer drought. When used in cosmetic preparations, it not only acts as a humectant, but actually creates a protective film over the skin and hair shaft that helps seal in moisture. The oil is highly stable and very effective on dry skin, damaged hair and split ends.

JOJOBA WAX SPHERES — *Jobaba esters*. Made from jojoba wax, these perfectly smooth microscopic beads act as gentle exfoliants in masks and scrubs. A natural alternative to polyethylene beads (plastic) found in some skin care products.

KAOLIN — (Mt. Kaolin Clay). A fine, natural clay from Mt. Kaolin, China, known for its drawing properties. Often used in deep-cleansing face masks.

KUKUI NUT OIL — *Aleurites moluccana*. The oil of the kukui nut from Hawaii, rich in essential fatty acids. A natural moisturizer and skin protector.

LACTALBUMIN — *Lactis proteinum*. Milk protein high in lactic acid and containing the eight essential amino acids. It has been labeled “the most perfect protein.” An excellent ingredient in conditioners for dry or damaged hair.

LACTIC ACID — An acid naturally occurring in milk and fruits, which produces pH levels like those of the hair and skin. A rich moisturizer.

LAMINARIA — *Laminaria digitata*. Seaweed high in antioxidants and iodine helps attract and retain moisture on the skin. An excellent humectant and nutrient.

LANOLIN — The oil obtained from the wool of sheep, used as an absorption base in moisturizers and hair products.

LAUROYL LYSINE — Fine powder derived from the amino acid lysine and lauric acid from coconut. Adds a silky feel to makeup powders.

LAVANDIN — *Lavandula hybrida*. Hybrid obtained from crossing lavender and aspic. Its essential oil has antiseptic and soothing properties

LAVENDER OIL — *Lavandula angustifolia*. Essential oil obtained from lavender flowers. Added to skin and hair care preparations for its soothing and antiseptic properties and pleasant fragrance.

LAVENDER WATER — *Lavandula angustifolia flower water*. A byproduct of the distillation of lavender flowers, this hydrosol or floral water is a natural hydrating and soothing agent. An anti-irritant and antiseptic, it is an excellent ingredient in facial cleansers, toners and lotions for sensitive skin.

LAVENDER-GLYCERIN — Obtained by the maceration of lavender flowers in vegetable glycerin. Very soothing to the skin.

LECITHIN — A vegetable extract high in natural fatty acids. Most common sources are soybean oil and eggs. (See also Phospholipids.)

LEMON OIL/LEMON PEEL OIL — *Citrus medica limonum*. Essential oil with antioxidant and antibacterial properties, often used in cosmetics as a skin freshener and for its cool, pleasant fragrance.

LIME OIL — *Citrus aurantifolia*. Essential oil extracted from the peel of the fruit. A natural antiseptic and tonic, often used as a scent.

LIME TREE — See Linden Extract.

LINDEN EXTRACT — *Tilia cordata*. The extract from the flowers of the lime tree (also known as linden tree), which contains an essential oil, famesol, similar to aloe and camomile. An emollient and soothing agent for the skin, also used in eye care formulations.

LINOLEIC ACID, LINOLENIC ACID — See Vitamin F.

LIPOSOMES — Micro-capsules or sacs made from fatty substances (phospholipids), easily absorbed by the skin. Used in creams and lotions, they penetrate deeply to deliver nutrients, moisture and other substances contained within the sac to internal layers of the skin. (See also Phospholipids.)

LITSEA CUBEBA FRUIT OIL — An antiseptic and astringent, often used in soaps and lotions as a scent fixative.

LYSINE, LAUROYL LYSINE — See Amino Acids.

MACADAMIA NUT OIL — *Macadamia ternifolia*. An excellent moisturizer and protector for hair and skin. High in essential fatty acids, its natural affinity to human sebum makes it an excellent skin care ingredient.

MAGNOLIA BLOSSOM EXTRACT — *Magnolia biondii*. Natural tonic and anti-irritant added to face creams for its slight bleaching effect on the skin. Sometimes used as a fragrance.

MALLOW — *Malva sylvestris*. A natural hydrator, its skin-softening properties make it an excellent addition to creams, lotions and facial masks for dry skin. Sometimes used as a wash for tired eyes.

MALTODEXTRIN Natural sugar from plant starches, used as a stabilizer in cosmetic preparations.

MANDARIN ORANGE PEEL EXTRACT — *Citrus nobilis*. Natural anti-inflammatory known to improve skin and scalp circulation. Has a slight bleaching effect on the skin, helping fade freckles and other skin imperfections.

MANGO BUTTER — *Mangifera indica seed butter*. Butter made from the seed of the mango, similar to jojoba butter. An excellent moisturizer.

MANUKA OIL — *Leptospermum scoparium*. Analgesic, antifungal and antibacterial. Used by New Zealand's Maori people for its medicinal properties, this herbal oil has five times the antiseptic properties of tea tree oil and has a pleasant, honey-like fragrance.

MARIGOLD — See Calendula.

MATE (YERBA MATE) — *Ilex paraguayensis*. This rainforest native is a powerful anti-inflammatory and nutrient, high in vitamins and amino acids.

MEADOWSWEET — *Spiraea ulmaria*. Also known as Lady of the Meadow and Meadow Queen, it was considered a sacred plant by the Druids. Used in cosmetics for sensitive skin for its mild, tonic effect.

MENTHOL — Antiseptic and astringent derived from peppermint, its warming/cooling properties have a soothing effect on the skin. (See also Peppermint Oil.)

METHIONINE — Sulfur-rich amino acid, very beneficial to the hair and skin. (See also Amino Acids.)

MICA — A transparent mineral used in powdered makeup to improve adhesion, even out skin tones and give a creamy, smooth feel to the product.

MILK THISTLE — *Silybum marianum*. Detoxifier used internally in the treatment of liver disorders. Clinical studies have shown its active compound silymarin, a flavonoid with strong antioxidant properties, helps protect skin cells from free radical

damage caused by sun exposure and pollution. Very soothing to the skin and scalp.

MINERAL WATER — *Aqua*. Water drawn from a spring, either naturally carbonated (such as Perrier) or still (such as Evian).

MINT — Any of a variety of aromatic plants (genus *Mentha*) used as a natural antiseptic and freshener. Sometimes added as fragrance. (See also Peppermint Oil; Pennyroyal; Spearmint Oil.)

MISTLETOE — *Viscum album*. An anti-irritant, known for its soothing properties on sensitive skin. It is often combined with fennel, hops, camomile, balm mint and yarrow in skin formulations.

MORUS ROOT — *Morus alba* (mulberry). Extract of mulberry root bark, with anti-inflammatory and humectant properties. The Chinese use it for its whitening properties and smoothing effect on the skin.

MUCOPOLYSACCHARIDES — Plant or animal substances that bind with water to form the thick, jelly-like material that cements cells together. Used in skin and hair care formulations for their ability to retain water. Mucopolysaccharides from aloe vera are best.

MYRISTYL ALCOHOL — See Coconut Fatty Alcohol.

NATURAL FLOWER OIL — Oil extracted from flowers and used in synthetic-free perfumes and colognes. A natural fragrance.

NATURAL GRAIN ALCOHOL — Powerful antiseptic, naturally obtained through the fermenting of carbohydrates in grains. (Many cosmetic formulations contain isopropyl alcohol, a petrochemical that is much cheaper to use and very harsh and drying to the skin.) (See also Alcohol Denat. 38b, Lavender.)

NEROLI — See Orange Blossom Oil.

NETTLE — *Urtica dioica*. Excellent tonic and astringent, rich in phosphates and trace minerals. Promotes circulation to the skin and scalp and is said to stimulate hair growth, especially when combined with horsetail and coltsfoot. Its high silica and sulfur

content make it very nourishing to the hair and scalp, and an excellent addition to products for thinning hair.

NIACIN — Vitamin B-3, essential for blood circulation and healthy skin.

NICOTINIC ACID — See Niacin.

NON-GMO — Not containing any genetically modified substances.

NUTMEG — *Myristica fragrans*. A popular spice in cooking, nutmeg essential oil is used in cosmetics for its exotic, spicy fragrance.

OAKMOSS — *Evernia prunastri*. The extract from a lichen that grows on oak trees, used as a fixative in cosmetic products.

OAT PROTEIN — *Hydrolyzed oat protein*. Natural humectant clinically proven to increase hydration. Used in skin care products to smooth fine lines and wrinkles. (See also Vegetable Protein.)

OATMEAL — *Avena sativa kernel flour*. Natural cleanser and toner, its mild exfoliating action makes it an excellent addition to facial masks. Has a slight bleaching effect and is said to help fade age spots and other skin imperfections and to even out skin tones.

OLIVE KERNEL POWDER — *Olea europaea*. Mild exfoliant derived from olive seeds.

OLIVE LEAF EXTRACT — *Olea europaea leaf extract*. Used for its antibacterial properties.

OLIVE OIL — *Olea europaea*. Rich emollient high in oleic acid, very beneficial to the skin. Used in skin care preparations for thousands of years for its softening and smoothing properties.

OLIVE OIL CASTILE — Olive oil, saponified with an alkaline salt, becomes an excellent, mild soap.

ORANGE OIL — See Sweet Orange Oil.

ORANGE PITH JUICE — *Citrus sinensis*. The plant liquid squeezed from the pith and peel of oranges after they have been juiced. High in vitamin C and pectinic acid, it helps smooth the cuticle of the hair to lock in nutrients and enhance shine.

OREGANO OIL — *Origanum vulgare*. Powerful antifungal and healing agent. Chinese herbalists have used it for generations to soothe rashes and other skin irritations and relieve itching.

PADIMATE O — An ingredient shown to protect skin from the sun's harmful UV rays. A very effective sunscreen, recognized by the U.S. Food and Drug Administration.

PALM OIL, PALM SOAP — *Elaeis guineensis*. Oil obtained from the seeds or fruit of the palm tree. Saponified with an alkaline salt, it is used in the manufacture of bar soaps. (See also Sodium Palmate.)

PALMA ROSA OIL — *Cymbopogon martini*. Essential oil used for its pleasant scent and hydrating and tonic effects on the skin.

PANTHENOL — (Vitamin B-5). Natural hair thickener that helps give hair body and hold. An excellent hydrator, it helps nourish and strengthen the scalp and promote hair health. Also used as a natural skin hydrator, it is sometimes known as pantothenic acid.

PAPAYA — *Carica papaya*. An excellent skin softener, its enzymatic action mildly exfoliates.

PASSIONFLOWER — *Passiflora incarnata*. Analgesic, anti-irritant and sedative, its roots and leaves are used in skin care formulations for their soothing properties.

PATCHOULI — *Pogostemon cablin*. Aromatic essential oil used as a fragrance for its rich, herbaceous scent, and as a fixative in perfumes and soaps.

PEANUT OIL — *Arachis hypogaea*. Superb emollient often used in natural massage oils and soaps.

PELLITORY — *Anacyclus pyrethrum*. A pungent herb used as a stimulant and circulation enhancer.

PENNYROYAL — *Mentha pulegium*. A member of the mint family. A strong purifier and antiseptic, as well as a natural insect repellent, said to drive away fleas and other pests. A key ingredient in natural pet grooming products.

PEPPERMINT OIL — *Mentha piperita*. Excellent antiseptic frequently used in shampoos and rinses for its toning effect on the scalp, and in bath oils for its warming/cooling properties on sore muscles. A natural anti-inflammatory, very soothing to the skin and scalp.

PHOSPHOLIPIDS — Fatty substances that are important constituents of cell membranes. Plant phospholipids are similar to human phospholipids and are readily absorbed into the skin. Phospholipids obtained from soybean oil in the form of lecithin are used to make liposomes, which act as delivery agents for vitamins and humectants. (See also Liposomes.)

PIMENTA LEAF OIL — *Pimenta officinalis*. Essential oil from the leaves of an evergreen tree indigenous to the West Indies. An antiseptic and astringent, it also acts as a scalp tonic. Often used as a flavoring agent or fragrance.

PINE NEEDLE OIL — *Pinus sylvestris*. Aromatic extract with antimicrobial and tonic properties. An excellent addition to facial cleansers and natural deodorants, and to massage oils for its warming effect on the skin. Often used as a fragrance.

POMEGRANATE EXTRACT — *Punica granatum*. A potent antioxidant and nutrient. Helps support skin cell regeneration.

POTASSIUM COCOATE, JOJOBATE AND OLIVATE — The potassium salts of coconut, jojoba and olive oils, commonly known as liquid castile soap. (See Castile Soap.)

PRIMROSE OIL — See Evening Primrose Oil.

PROLINE — See Amino Acids.

PROTEIN — See Vegetable Protein.

PULLULAN — A polysaccharide made from starch, used in cosmetics as a water-binding and thickening agent.

PYRUVIC ACID — See Fruit Acids.

QUEEN S MEADOW — See Meadowsweet.

QUILLAYA BARK — *Quillaja saponaria*. A natural soap with excellent foam-boosting and cleansing abilities, containing

9-10% saponins. An astringent and anti-inflammatory, it is used in shampoos and hair care preparations for dandruff and other scalp problems.

RADISH EXTRACT — *Raphanus sativus*. Antibacterial and astringent. Sometimes used as a natural color.

RASPBERRY FRUIT EXTRACT — *Rubus idaeus*. Antioxidant and astringent. Protects and tones the skin.

RED ALGAE EXTRACT — *Hydrolyzed rhodophyceae*. See Algae Extract.

RED FRUIT ACIDS — See Fruit Acids.

RED MANDARIN OIL — *Citrus reticulata*. Antiseptic and astringent. Often used as a fragrance.

RETICULIN — One of the three main proteins found in the skin, often used in cellular repair creams for its ability to attract and retain moisture.

RETINYL PALMITATE — A soluble form of vitamin A. (See also Vitamin A.)

RIBOFLAVIN — (Vitamin B-2). This antioxidant B vitamin is an integral part of the chemical process that produces glutathione, which protects skin cells from free radical damage. Very beneficial to the skin and nails.

RICE BRAN WAX — *Oryza sativa bran wax*. Used in cosmetics as a thickener and binding agent.

RICE STARCH — *Oryza sativa starch*. Used in baby powders in place of talc, and in powdered makeup to improve spreadability and add a soft, smooth feel to the skin.

RICE SYRUP — *Oryza sativa syrup*. Natural chelating agent added to shampoos to improve rinseability by binding to iron (from hard water) and chlorine and removing them from the hair. Also used as an emulsifier and humectant.

ROMAN CAMOMILE OIL — *Anthemis nobilis*. See Camomile.

ROSA MOSQUETA ROSE HIP SEED OIL — *Rosa rubiginosa*. Oil from the rose hips of a rare rose that grows in Chile's Andes mountains. High in vitamin C, and linoleic and linolenic acids,

essential fatty acids necessary for skin cell regeneration, it has been used by South American Indians for hundreds of years for its healing and moisturizing properties. Clinical tests have shown that Rosa Mosqueta, applied regularly, helps fade scarring and skin discolorations and encourage skin cell growth. There s no better moisturizer for dry or mature skin and brittle, damaged hair.

ROSE GERANIUM — *Pelargonium graveolens roseum*. Essential oil used in skin care for its soothing and aromatic properties. (See also Geranium.)

ROSE OIL — *Rosa damascena flower oil*. Essential oil obtained by steam distillation. Used for its skin softening properties and pleasant fragrance.

ROSEMARY OIL — *Rosmarinus officinalis*. Essential oil beneficial to both hair and skin for its antioxidant, toning and purifying properties. In hair care products it is said to stimulate hair follicles to grow and encourage circulation to the scalp. Used in hair rinses, particularly in combination with sage, it soothes and conditions the scalp and helps remove buildup and prevent flaking.

ROSEWATER — *Rosa damascena flower distillate*. A byproduct of the distillation of fresh rose petals, this hydrosol or floral water is a natural hydrator and anti-irritant. Used in cosmetics since the 10th century, it is an excellent soothing agent for dry, sensitive skin.

ROSEWOOD — *Aniba rosaeodora*. Essential oil often used for its pleasant, woody-floral fragrance. A mild analgesic and cellular stimulant.

SAFFLOWER OIL — *Carthamus tinctorius*. Cold-pressed from safflower seeds. Rich in skin-soothing oleic acid and vitamin E.

SAGE OIL — *Salvia officinalis*. A purifier and tonic, its anti-bacterial action makes it ideal for sensitive skin or scalp and antidandruff preparations. It is often combined with rosemary in hair and skin care products and, like rosemary, it has antioxidant properties and is very beneficial to the skin and scalp.

SANDALWOOD OIL — *Santalum album*. One of the oldest fragrance components, this aromatic essential oil has been in use for over 4000 years for its deep, woody, long-lasting scent. In recent years, the Indian sandalwood tree has become endangered. We use only farmed, sustainable Australian sandalwood in our products.

SAPONINS — Natural glycosides that foam in water. Used as a natural detergent.

SASSAFRAS OIL — *Sassafras officinale*. Essential oil often used as a fragrance.

SEA BUCKTHORN OIL — *Hippophae rhamnoides*. Richest herbal source of antioxidant vitamins E and A (beta-carotene and other carotenoids), which help prevent the formation of free radicals. This nourishing oil is also high in essential fatty acids, particularly rare palmitoleic acid, a constituent of the skin's sebum.

SEA HERBAL COMPLEX — Special blend of sea herbals bladderwrack and laminaria, often used in skin and hair care products. (For more information, see individual entries.)

SEA SALT — Mineral-rich salt naturally obtained from sea water. Used in bath soaks and body scrubs for its softening effect on the skin.

SEAWARE — See Sea Herbal Complex

SHEA BUTTER — *Butyrospermum parkii*. Moisture-rich butter obtained from the nuts of the mangifolia tree in Central Africa, also known as karite butter or African butter. A superb emollient, high in fatty acids and other nutrients, it is an ideal ingredient for skin moisturizers, sun care products and hair conditioners.

SHIITAKE MUSHROOM EXTRACT — *Corthellus shiitake*. Anti-inflammatory and anti-irritant. Calms and hydrates skin and helps promote skin cell health. Contains kojic acid, which can have a brightening effect on age spots and other imperfections.

SILICA — A mineral used as a thickener and stabilizer. In suncare products it works synergistically to increase the efficiency of suncare ingredients.

SILK POWDER — Used in makeup powders to even out skin tones and leave the complexion soft and smooth. Obtained from silk threads, it is high in amino acids and vitamin E.

SOAP BARK, SOAP ROOT — See Quillaya Bark.

SOAPWORT — *Saponaria officinalis*. High in saponins, natural cleansing agents, it is used in soaps for its lathering properties.

SODIUM COCOATE — Coconut oil saponified with an alkaline salt. A lathering agent in soaps. (See also Coconut Oil.)

SODIUM COCOYL HYDROLYZED SOY PROTEIN — A mild, natural soap. (See also Sodium Cocoate and Hydrolyzed Soy Protein.)

SODIUM HYALURONATE — A naturally occurring glycosaminoglycan (polysaccharide) derived from beneficial bacteria. Used in skin care preparations to help attract and retain moisture.

SODIUM HYDROXIDE — An alkaline salt obtained when electrolysis (positive and negative poles) is applied to sea water or salt water. Chlorine collects at the positive pole, and sodium hydroxide collects at the negative pole.

SODIUM PALMATE — Palm oil saponified with an alkaline salt. Primarily responsible for the hardness and durability of bar soaps. (See also Palm Oil.)

SODIUM PCA — Salt of glutamic acid, an amino acid that occurs widely in food. Used in appropriate concentrations, it acts as a humectant to help attract and retain moisture to the skin.

SORBITOL — A white, sweet, crystalline alcohol found in certain berries and fruits. Used as a moisturizing agent, and as a sugar substitute.

SOY PROTEIN — See Hydrolyzed Soy Protein.

SOYBEAN OIL — *Glycine soja*. Good emollient, high in linoleic, oleic, palmitic and linolenic acids, essential fatty acids necessary for healthy skin.

SPEARMINT OIL — *Mentha viridis*. Essential oil used for its stimulating and tonic properties and refreshing fragrance.

SQUALANE — A saturated hydrocarbon found in human sebum, added to cosmetics for its emollient and bactericidal properties. Squalane is typically obtained from shark liver oil, but the identical substance can be derived from olives. Olive oil squalane is more stable and much more compatible with the skin than its shark-derived counterpart.

ST. JOHN S WORT — *Hypericum perforatum*. Although this calming herb is best known as a natural antidepressant, its oil form is an excellent emollient and skin softener, widely used in sun and skin care products for its healing properties on dry, irritated skin. Also beneficial to damaged hair and dry scalp. Not phototoxic when used topically.

STRAWBERRY — *Fragaria vesca*. Astringent and tonic. Often used as a natural flavor.

STYRAX OIL — *Liquidambar styraciflua*. A natural fragrance.

SUCROSE — A derivative of cane sugar. Hydrates and encourages moisture retention in the skin.

SUNFLOWER OIL — *Helianthus annuus*. The extract from sunflower seeds, a rich emollient high in linoleic and oleic essential fatty acids. A good base for massage oils and lotions.

SWEET ALMOND OIL — *Prunus amygdalus dulcis*. Excellent emollient high in oleic, linoleic and other fatty acids, ideal in the treatment of very dry skin. Soothing and moisturizing. A good absorption base.

SWEET ORANGE OIL — *Citrus aurantium dulcis*. Essential oil expressed from the peel of sweet oranges (Navel, Jaffa, Valencia). An anti-inflammatory, antibacterial and antifungal used for its refreshing properties and pleasant scent. Contains flavonoids and vitamins A, B, C and E.

SWEET ORANGE PEEL — See Sweet Orange Oil.

TAGETES OIL — *Tagetes minuta*. An essential oil with antiseptic and antimicrobial properties.

TANGERINE OIL — *Citrus tangerina*. An antiseptic and tonic, often used as a fragrance.

TAPIOCA STARCH — Used in powdered makeup to improve spreadability and impart a silky feel to the product.

TEA TREE OIL — *Melaleuca alternifolia*. Essential oil with powerful antiseptic and germicidal properties, similar to eucalyptus oil. Due to its strong odor, it must be used in small amounts in cosmetics, but makes an excellent addition to dandruff shampoos and therapeutic masks and moisturizers.

THYME *Thymus vulgaris*. Antiseptic and tonic. Contributes an herbal note to cosmetic products.

TITANIUM DIOXIDE — Naturally occurring mineral that actually deflects the sun's burning rays off the skin, offering significant protection from damaging UVA/UVB rays. Often combined with Padimate O, it is a superb ingredient for sunblocks. For more information on titanium dioxide, go to www.cosmeticsinfo.org/HBI/21/.

TOFU — Derived from soybeans, this rich plant food is high in protein, calcium, B vitamins and other nutrients beneficial to hair, scalp and skin. An excellent addition to absorption bases.

TONKA BEAN — *Dipteryx odorata*. Used for its natural fragrance, reminiscent of vanilla.

TOPICAL ESTER-C — See Ester-C .

VANILLA OIL — *Vanilla planifolia*. Used as a natural fragrance.

VEGETABLE GLYCERIN — Rich humectant, emollient and lubricant naturally extracted from vegetable oils, used in cosmetic formulations for thousands of years. (Synthetic glycerin, otherwise known as propylene glycol, is highly irritating to the skin and scalp and should be avoided.)

VEGETABLE PROTEIN — *Hydrolyzed vegetable protein*. Termed “the building block of life,” protein is our most important food, a leading source of vitamins and essential amino acids. Generally found in meats, eggs and dairy products, protein can

also be obtained from soy, wheat and other plant sources. Applied topically, vegetable protein is an excellent hydrator, readily absorbed by the skin for improved texture. In hair care formulas, it combines with fatty acids and amino acids to coat porous or damaged hair and split ends. (See also Hydrolyzed Soy Protein; Oat Protein; Wheat Protein.)

VETIVER — *Vetiveria zizanioides*. Soothing essential oil used in cosmetics for its smoky, earthy scent. Due to its sedative properties, in India it is known as “oil of tranquility.”

VIOLET — *Viola odorata*. Analgesic and soothing agent very beneficial to sensitive skin.

VITAMIN A — *Retinyl palmitate*. Antioxidant vitamin widely used (both internally and topically) in the treatment of acne and other skin conditions. Its topical application promotes the formation of new skin cells and helps regulate oil secretion in the sebaceous glands. Particularly beneficial for dry or sun-exposed skin, it is often found in sun protection creams for its antioxidant properties and its soothing and hydrating effect on the skin. (A deficiency of vitamin A in the body reduces the mucopolysaccharides in the skin, which accelerates the skin s aging process.) Also used as a natural preservative in cosmetics.

VITAMIN B-5 — See Panthenol.

VITAMIN C — *Ascorbic acid*. Powerful antioxidant and nutrient, very beneficial to the skin. Plays an essential role in building collagen, the connective tissue that makes up 70 percent of our skin. Vitamin C is also a natural preservative, protecting both the oil and water phases of cosmetics. (See also Ester-C .)

VITAMIN E — *Tocopheryl acetate/tocopherol* (d-Alpha Tocopherol). The most potent antioxidant vitamin around, it protects skin from cancer-causing free radicals and is essential for proper utilization of oxygen in the tissues. In cosmetics it also acts as a natural preservative, protecting the oil phase in creams and lotions.

VITAMIN F — *Glyceryl linoleate, glyceryl linolenate*. Skin protector and revitalizer consisting of linoleic and linolenic acids, the two essential fatty acids. Used in moisturizers, it soothes rough, dry or chapped skin on contact and helps soften and revitalize dry or damaged hair. (See also Coconut Fatty Acid Cream Base.)

VITAMIN H — See Biotin.

VITAMINS A, C AND E — Their combined action, blended with citrus seed extract, makes an excellent natural preservative.

WALNUT EXTRACT — *Juglans regia*. Tonic and astringent, very beneficial to the skin and scalp. Also used as a temporary brown hair color, often in combination with henna.

WALNUT SHELLS — *Juglans regia shell powder*. Natural exfoliants used in facial masks. The mild scrubbing action of ground walnut shells helps break up oil deposits and clear away dead skin cells and debris.

WATERCRESS — *Nasturtium officinale*. Good source of vitamins A, B-complex and C. Soothing and conditioning; very beneficial to the skin. Also shown to strengthen and thicken hair.

WATERMELON EXTRACT — *Citrullus lanatus*. Used in skin care for its moisturizing effect and as defense against UV damage to the skin's DNA.

WHEAT GERM OIL — *Triticum vulgare*. Extracted from the embryo of the wheat kernel. An anti-inflammatory and skin nourisher that also acts as a natural preservative because of its high vitamin E content.

WHEAT PROTEIN — *Hydrolyzed wheat protein*. Water-soluble protein naturally derived from wheat. Applied topically, it helps attract and retain moisture and is clinically proven to minimize fine lines and wrinkles. In hair care formulas, it coats porous and damaged areas to strengthen and mend hair fiber. (See also Vegetable Protein.)

WHITE BIRCH EXTRACT — *Betula alba*. Powdered extract from the bark of the birch tree, known for its soothing and purifying effect on the skin. Herbalists use it in the treatment of many skin disorders. An excellent addition to sun care products and face creams.

WHITE CLAY — See Kaolin.

WHITE PINE BARK — *Pinus strobes bark extract*. Native Americans used this soothing extract in preparations for dry scalp and skin conditions long before coal tar and other petrochemicals were ever used.

WILD GINGER ROOT — *Zingiber officinale*. Added to bath products and massage lotions for its warming and soothing effect on sore muscles. Also used in small amounts as a fragrance.

WINTERGREEN OIL — *Gaultheria procumbens*. A tonic, stimulant and freshener, this aromatic oil has a “heating” or “warming” action on the muscles and skin. Excellent in body rubs and bath oils, as well as mouthwash and toothpaste formulations. Is very high in salicylic acid.

WITCH HAZEL — *Hamamelis virginiana*. A byproduct of the distillation of the leaves and stems of the plant, this hydrosol or floral water is a natural astringent and tonic. An anti-irritant and anti-inflammatory, it is an excellent ingredient in facial cleansers, toners and lotions.

XANTHAN GUM — Polysaccharide derived from beneficial bacteria, used as a natural stabilizer, thickener and emulsifier in cosmetic preparations.

XYLITOL — Sugar alcohol from the birch tree, used as a sweetener.

YARROW — *Achillea millefolium*. Extract from the flower heads of this ancient herbal, a known anti-inflammatory and anti-irritant. It also adds sheen to the hair and has a firming action on the skin.

YLANG YLANG OIL — *Cananga odorata*. Essential oil used for its skin-soothing properties and spicy floral scent.

YUCCA ROOT — *Yucca schidigera*. Mild, natural detergent used in shampoos and soaps for its foaming and purifying abilities. Contains saponins.

ZINC OXIDE — Occurring in nature as zincite, this water-insoluble substance makes an excellent sunblock, protecting skin from UVA and UVB rays.

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HYDROSOLS, WATER AND PLANT LIQUIDS

A hydrosol, as you'll read in my *Dictionary*, is a byproduct of the steam distillation of plants. Steam is used to extract essential oils from plant material. The hydrosol is the condensation collected after the steam removes the essential oil. It's a pretty simple process. If you have access to a computer, you can see how a hydrosol is made at this web site: <http://chamomile.co.uk>. (Click on the "Distillation" link on the left side of the page.)

Many hydrosols are of high quality, and are very beneficial. (One example is witch hazel.) Hydrosols, whatever their quality, are mostly water. And there's nothing wrong with water; indeed, water is absolutely necessary in many products. It can act as a hydrator. It can act as a cleansing agent. And without water, your shampoo might be too thick to be effective—hard to spread, and hard to lather and rinse!

But there's one big problem with hydrosols right now: standards are unclear for hydrosol quality. In other words, there are no rules about how much plant material a hydrosol should contain. And a lot of personal care products are created with "organic hydrosols"—hydrosols made from the distillation of organic plant material—as their main ingredient. Using these organic hydrosols allows a manufacturer to claim that a product has a high percentage of organic ingredients, when the main "organic" ingredient is mostly water containing an undetermined quantity of plant material. Right now there's a big controversy about all this in the natural and organic personal care industry. I agree with the Organic Consumers Association that the rules about adding water to products labeled "organic" should apply to both food and personal care products. (For more information, see this website: <http://www.organicconsumers.org/bodycare/index.htm>)

I evaluate each ingredient I use for its purity, its effectiveness and its value. For products that require water content, there are many choices.

One way to introduce the necessary water is to use an infusion—herbs combined with deionized water. This is otherwise known as... well, herbal tea. You'll see this ingredient in facial toners, moisturizers,

lotions and hair conditioners. Another way to introduce the beneficial herbs to a formula is to add them directly, as extracts or essential oils, to a soap base that's made with deionized water. You'll see deionized water listed as the first ingredient in many shampoos, with the herbal extracts and oils listed after. It may not look as pretty as "floral water" (another phrase used in place of "hydrosol"), but it is straightforward labeling that tells you precisely what's in the product.

There are also organic whole-plant liquids that can replace water in a formula to create a high percentage organic product. Two are organic aloe vera and organic orange pith juice. These aren't processed in any way. Leaving these ingredients untouched preserves the synergy of the whole plant. You've heard "the whole is greater than the sum of its parts"? It's true, especially with herbs. There's an extra magic you get from whole, minimally processed or unprocessed plant liquids. Their ingredients are still combined the way nature meant them to be.

For example, pure organic aloe vera not made from concentrate has a high water content, and also contains polysaccharides, essential oil, and other ingredients. Those other ingredients have important benefits; they're why aloe feels better on a sunburn than plain water does!

Whether that crucial water content in personal care products comes from aloe, orange pith juice, deionized water infused with herbs, or hydrosols, it is important for you to read the labels and understand what you're getting. Tools such as this *Dictionary* will help you to understand what's really in products labeled natural or organic. The natural personal care industry is going through many changes now. Until we have agreed-upon standards, it will often be a case of "buyer beware." You need to know if a product that looks beneficial on the label actually contains a harsh detergent, or a petroleum-based "moisturizing" ingredient that might actually make dry skin problems worse, or a preservative that may be harmful once it is absorbed into your skin.

The things you use on your skin and hair every day can have a profound effect on your health. I hope that the information in this *Dictionary* enables you to make wise choices when you're shopping for healthy products.

TEN SYNTHETIC COSMETIC INGREDIENTS TO AVOID

If you want natural products, you have to be willing to search them out. Learn to read labels, and refuse to settle for half-natural hair and skin care. Below I've listed and described my "ten most wanted"—the ten chemicals I most want to see off the labels of so-called natural hair and skin care products.

1. METHYL, PROPYL, BUTYL AND ETHYL PARABEN

Used as inhibitors of microbial growth and to extend shelf life of products. Have caused many allergic reactions and skin rashes. Studies have shown that they are weakly estrogenic and can be absorbed by the body through the skin. Widely used even though they are known to be toxic.

2. DIETHANOLAMINE (DEA), TRIETHANOLAMINE (TEA)

Often used in cosmetics as emulsifiers and/or foaming agents. They can cause allergic reactions, eye irritation and dryness of hair and skin. DEA and TEA are "amines" (ammonia compounds) and can form cancer-causing nitrosamines when they come in contact with nitrates. Toxic if absorbed into the body over a long period of time.

3. DIAZOLIDINYL UREA, IMIDAZOLIDINYL UREA

These are widely used preservatives. The American Academy of Dermatology has found them to be a primary cause of contact dermatitis. Two trade names for these chemicals are Germall II and Germall 115. Neither of the Germall chemicals contains a good antifungal agent, and they must be combined with other preservatives. Both these chemicals release formaldehyde, which can be toxic.

4. SODIUM LAURYL/LAURETH SULFATE

A cheap, harsh detergent used in shampoos for its cleansing and foam-building properties. Often derived from petroleum, it is frequently disguised in pseudo-natural cosmetics with the phrase "comes from coconuts." It causes eye irritation, scalp scurf similar to dandruff, skin rashes and other allergic reactions.

5. PETROLATUM

Also known as petroleum jelly, this mineral oil derivative is used for its emollient properties in cosmetics. It has no nutrient value for the skin and can interfere with the body's own natural moisturizing mechanism, leading to dryness and chapping. It often creates the very conditions it claims to alleviate. Manufacturers use petrolatum because it is unbelievably cheap.

6. PROPYLENE GLYCOL

Ideally this is a vegetable glycerin mixed with grain alcohol, both of which are natural. Usually it is a synthetic petrochemical mix used as a humectant. It has been known to cause allergic reactions, hives and eczema. When you see PEG (polyethylene glycol) or PPG (polypropylene glycol) on labels, beware—these are related synthetics.

7. PVP/VA COPOLYMER

A petroleum-derived chemical used in hairsprays, styling aids and other cosmetics. It can be considered toxic, since inhaled particles can damage the lungs of sensitive persons.

8. STEARALKONIUM CHLORIDE

A quaternary ammonium compound used in hair conditioners and creams. Developed by the fabric industry as a fabric softener, it is a lot cheaper and easier to use in hair conditioning formulas than proteins or herbals, which are beneficial to the hair. Causes allergic reactions. Toxic.

9. SYNTHETIC COLORS

Used to make cosmetics “pretty,” synthetic colors, along with synthetic hair dyes, should be avoided at all costs. They will be labeled as FD&C or D&C, followed by a color and a number. Example: FD&C Red No. 6 / D&C Green No. 6. Many synthetic colors can be carcinogenic. If a cosmetic contains them, don't use it.

10. SYNTHETIC FRAGRANCES

The synthetic fragrances used in cosmetics can have as many as 200 ingredients. There is no way to know what the chemicals are, since on the label it will simply read “fragrance.” Some problems caused by these chemicals include headaches, dizziness, rash, hyperpigmentation, violent coughing, vomiting, skin irritation—the list goes on. Advice: Don't buy a cosmetic that has the word “fragrance” on the ingredients label.

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Aubrey Hampton was born on an organic farm in rural Indiana, and by age nine was helping his mother make herbal cosmetics. He was educated in New York City. A phytochemist and herbalist, he founded Aubrey Organics® in 1967. He has created over 200 hair, skin and body care products, which are internationally recognized as the most natural herbal products available. Almost every health food store in the U.S. carries Aubrey Organics® products, which are also sold throughout Europe and Asia.

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