



Acai Fruit Extract/ Oil (Euterpe Oleracea)

This miracle super berry from the Brazilian Amazon region has 10 times more antioxidants than red grapes due to its high level of Anthocyanins, which help to cocoon and protect the skin.

Acai oil is also known to at the cellular level regulating the balance and activity of the lipids in the superficial layer of the skin, promoting skin repair and membrane stability. It is very rich in Vitamins C, E, B1, B2 and B3 plus essential fatty acids Omega-6 and Omega-9 and flavonoids, which helps in stimulating the regeneration process. It has strong antioxidant, anti-inflammatory and anti-ageing properties. Highly emollient and skin soothing, treats dryness, cracked and irritated/ inflamed skin.

Acai Fruit Extract/ Oil can be found in Universal Glow Elixir and Cream Supreme Facial Moisturiser.

Aloe Vera (Aloe Barbadensis)

Aloe vera is a succulent native to North Africa, Southern Europe, and the Canary Islands. Known as 'The Miracle Plant', aloe vera is now grown in tropical climates worldwide; the thick, cooling gel inside the leaves has been used as a safe, multi-tasking, natural remedy for over 4,000 years as a skin healer, skin soother, softener and natural, non-oily moisturiser. It's high water content (99.5%) means it's very hydrating, soothing and cooling on the skin.

Aloe vera contains 75 potentially active constituents: vitamins, enzymes, minerals, sugars, lignin, saponins, salicylic acids and amino acids. Vitamins: It contains vitamins A (beta-carotene), C and E, which are antioxidants. It also contains vitamin B12, folic acid, and choline. It has been used successfully for insect stings, burns, cuts, and acne. Aloe vera absorbs easily, making it ideal for oily skin. However, it

can help treat and alleviate dry, itchy skin too. It has powerful anti-inflammatory properties so brings calm to irritated skin and even helps carry nutrients to cellular tissue.

Aloe Vera can be found in Cream Supreme Facial Moisturiser.

Alpha Hydroxy Acids (AHAs)

Alpha Hydroxy Acids are a group of natural acids found in foods. Alpha hydroxy acids include citric acid (found in citrus fruits), glycolic acid (found in sugar cane), hydroxycaproic acid (from royal jelly), lactic acid (found in sour milk & tomato juice), malic acid (found in apples), tartaric acid (found in grapes), sorbic acid (unripe berries of the rowan tree), mandelic acid (from almonds) and hydroxycaprylic acid (from animals).

AHAs are water soluble and primarily used to exfoliate the skin by lifting away dead skin cells laying on the surface and promoting fresh cell growth. They help to treat pigmentation issues, discoloration, improve appearance of surface lines and wrinkles, stimulate collagen production and blood flow, brighten complexion and prevent acne.

AHAs in the form of **sorbic acid** and **lactic acid** can be found in Mask Supreme 7-in-1 and in the form of **malic acid** in Biotech Supreme Pressed Serum.

Amaranth Seed Oil/ Extract (Amaranthus Caudatus)

An annual flowering plant, a member of the foxtail family.

Skin feeding and very rich in natural tocopherols (Vitamin E complex) and essential fatty acids including linoleic acid and Omega-6, making it an excellent calming and soothing extract for dry, irritated, damaged or ageing skin. Strong anti-inflammatory and antioxidant properties, which may be especially important for skin conditions such as psoriasis and dermatitis. Most importantly, it is the best-known plant source of squalene (12%); this magical compound keeps skin in great shape, aiding smoothness and moisture retention for skin through its positive effect on Trans-Epidermal Water Loss (TEWL).

Amaranth Seed Oil can be found in Universal Glow Elixir.

Amaranth Seed Extract can be found in Biotech Supreme Pressed Serum.

Andiroba Seed (Carapa Guaianensis)

Fruit from the andiroba tree in Brazil contain seeds which are rich in oil. The extracted oil has powerful anti-inflammatory, antibacterial and skin conditioning properties.

The oil extract naturally contains limonoids, which have been proven to help renew the skin and reduce inflammations. It is a rich source of essential fatty acids including oleic, palmitic, stearic, and linoleic acids. It is classified as a Natural Moisturizing Factor (NMF). As an NMF, it helps keep the intercellular structure of the epidermis intact and effectively keeps bacteria out, facilitates the skin's healing process, prevents dermal irritation and regenerates the skin. Clinically proven to reduce inflammation and blemishes & comedones by 72%. Regulates and normalises any excess sebum activity by 65%.

It can be found in Universal Glow Elixir, Mask Supreme 7-in-1 and Cream Supreme Facial Moisturiser.

Angelica Seed Extract (Angelica Archangelica)

Angelica is cultivated in Belgium, England, Germany, Hungary and Siberia. It is a biennial herb with ferny leaves and a large rhizome root; the leaves have a fresh aroma, and the root has an earthy fragrance. Angelica produces umbels of white flowers, which are also fragrant.

Angelica is extracted by steam distillation of the seeds (and roots). The oil has a sweet herbaceous and richly musky aroma. The oil is composed of various chemical constituents such as; a-pinene, camphene, b-pinene, sabinene, a-phellandrene, myrcene, limonene, b-phellandrene, cis-ocimene, trans-ocimene, p-cymene, terpinolene, copaene, bornyl acetate, terpinen-4-ol, cryptone, b-bisabolene, rho-cymen-8-ol, humulene oxide, tridecanolide and pentadecanolide.

Angelica has highly soothing properties. When applied topically, it works to calm the epidermis and can help to heal itchy, irritated/ inflamed skin and breakouts.

Angelica seed can be found in Pure Therapy Facial Oil Serum.

Apple Fruit Extract (Pyrus Malus)

Pyrus Malus Fruit Extract, commonly known as Apple Extract, is a species of apple.

The extract is high in antioxidants (polyphenol and flavonoids) which protect skin from free radicals from UV radiation, calms inflammation and to helps maintain youthful elasticity for longer. It is also rich in vitamin C which promotes healthy, radiant skin. It is also an exfoliant loaded with alpha hydroxy acids (AHAs) - malic

acid being the most abundant. Unlike many gentle exfoliants, apple extract has no scrubbing bits or microbeads— these AHAs break up the proteins that hold the skin cells together, helping to slough off the dead skin that can give your skin a dull appearance.

Apple Fruit extract can be found in Biotech Supreme Pressed Serum.

Apricot Kernel Oil (Prunus Armeniaca)

Apricot Kernel Oil comes from the kernel (the seed of the seed) of the apricot fruit. The oil obtained by cold pressed extraction and is colourless with a light (easily absorbed) texture. It contains antioxidant vitamin E and nourishing fatty acids - oleic acid 54-74% and linoleic acid 12-35%. It has good emollient, skin-smoothing, and antioxidant benefits.

It's a nice general purpose emollient, has nourishing and moisturizing properties (as a high oleic oil is ideal for dry skin) and is quite easily absorbed into the skin. It helps to reinforce the skin's protective barrier by slowing down Trans-Epidermal Water Loss (TEWL).

Apricot Kernel Oil can be found in Universal Glow Elixir.

Astrocaryum Murumuru Seed Butter

Murumuru butter is made by extracting the rich, white-yellow fat from the seeds of Astrocaryum, a palm tree which bears edible fruits and is indigenous to the Amazon rainforest in Brazil.

The butter produced from the seed of this fruit consists of about 48% lauric acid, 26% myristic acid and 13% oleic acid.

Murumuru butter has natural anti-inflammatory properties that help to soothe sensitive or irritated skin, and seals moisture in. It is also very effective as a healing ingredient for dry or itchy skin conditions, in addition to nourishing and healing cracked skin or minor skin injuries such as burns or superficial cuts. With its high Vitamin A content, it is cherished for its anti-ageing benefits and ability to repair damaged skin.

Murumuru seed better can be found in Cream Supreme Rich.

Avena Sativa (Oat) Extract & Oil

Rich in vitamin E, trace minerals and enzymes, essential fatty acids Omega 6 and 9, as well as antioxidants. It provides gentle exfoliation. Helps to restore skin's natural pH. Soothes irritated, dry or itchy skin, reduces redness and any inflammation and helps protect against sun damage.

Avena Sativa can be found in Universal Glow Elixir, Luminous Light Polishing Powder and Bright + Light Eye Cream.

Azelaic Acid (Actives - Potassium Azeloyl Diglycinate)

Azelaic Acid is a dicarboxylic acid naturally present on healthy skin; it is also found in grains e.g. wheat, rye and barley. It behaves differently from AHAs and BHAs in that it is not an exfoliating acid.

It has antibacterial properties as it kills the strain of bacteria responsible for most acne (Propionibacterium Acnes or p.acnes) and can prevent future outbreaks.

It is also anti-inflammatory - calming and soothing and is clinically prescribed to treat skin conditions such as Rosacea and excellent for red marks from post inflammatory Erythema. It has a selective effect on overactive melanocytes and will only target abnormal pigmentation. It has antioxidant properties and offers excellent brightening of the skin, whilst helping to smooth out an uneven skin surface.

Treats and balances challenging skin. Clinically proven to effectively reduce and control breakouts, decrease and manage blemishes and hyperpigmentation.

Potassium Azeloyl Diglycinate is a water-soluble advanced version of Azelaic Acid. It inhibits Tyrosinase (the enzyme that activates melanin production) but has no effect on normally pigmented skin.

This wonderful active can be found in Cream Supreme Facial Moisturiser.

Beetroot Extract (Beta Vulgaris)

Beetroot is a beautifully coloured vegetable. In skincare, it works as a natural moisturiser to increase the concentration of NMFs (natural moisturising factors) in the upper layer of the skin giving skin both immediate and longer-term hydration. Its fast-acting effect lasts for at least 24 hours.

Beetroot is also known for its incredible antioxidant power and rich nutrient value. High in Vitamin C.

Beetroot Extract can be found in Bright + Light Eye Cream.

Bentonite Clay

Calcium Bentonite Clay is an absorbent kind of clay that typically forms when volcanic ash ages. It is named after Fort Benton in Wyoming, where the largest source of clay can be found, but Calcium Bentonite Clay is found all over the world.

Considered the crème de la crème of clays, this clay has a unique composition and can absorb “negatively charged toxins,” whilst drawing out skin impurities without drying. Bentonite Clay can help create a barrier between skin and possible irritants. It also helps skin care products adhere to the skin and become more water resistant. It contains trace minerals and is anti-bacterial and anti-inflammatory. It refines the skin texture, purifies, enhances cell renewal, improves capillary circulation and has a firming action.

Bentonite Clay can be found in Mask Supreme 7-in-1, Bright + Light Eye Cream and Biotech Supreme Pressed Serum.

Bergamot FCF (Citrus Aurantium Bergamia)

This tree is native to South East Asia, but was introduced to Europe, and particularly Italy and is also found in the Ivory Coast, Morocco, Tunisia and Algeria.

Bergamot oil is made from a tree that can grow up to four meters high, with star-shaped flowers and smooth leaves, bearing citrus fruit resembling a cross between an orange and a grapefruit, but in a pear-shape. The fruit ripens from green to yellow.

Bergamot oil has some good antiseptic, refreshing, and antibacterial therapeutic properties and is therefore helpful with problematic skin conditions. It is further indicated when such skin conditions can be linked to stress due to its soothing and uplifting properties.

FCF at the end of Bergamot indicates that the furocoumarins (namely bergaptene) have been removed by steam distillation. Bergaptene free Bergamot (FCF) reduces the susceptibility to photosensitizing and is the preferred bergamot for safe use in skincare. Bergamot FCF is a safer alternative to traditional bergamot essential oil which has been identified as phototoxic due to its furocoumarins (notably bergapten) content.

Bergamot FCF oil can be found in Pure Therapy Facial Oil Serum and Natural Glow Cleansing Oil.

Beta Hydroxy Acids (BHAs)

Found in willow tree bark, wintergreen leaves or birch bark, BHAs are oil-soluble chemical exfoliators, with antibacterial and anti-inflammatory properties. They can get deep into pores to remove sebum and dead cells responsible for clogging up skin.

The most popular and best known BHA is **Salicylic Acid**, which removes surface layers of dull dead skin cells without stripping skin's natural oils. BHA works both on the surface of the skin and inside the pores. It can help smooth out congested or bumpy skin (such as keratosis pilaris), boost hydration, reduce excess oil and improve a dull, uneven skin tone.

Whilst AHAs work best with ageing skin, BHA helps fight bacteria and works on deeper in the pores so is best for people with acne, whiteheads and blackheads, as well as combination and oily skin types. BHA is also soothing and therefore gentle enough for sensitive or rosacea-prone skin and in contrast to AHAs, is unlikely to cause sun sensitivity.

Salicylic Acid can be found in Mask Supreme 7-in-1.

Betaine

A naturally derived ingredient from sugar beets. Can also be found in high concentrations in Wheat Bran, Wheat Germ, Spinach, Beets, microorganisms and aquatic invertebrates. Betaine naturally occurs in the body and is therefore a non-irritating safe ingredient to help improve the condition of the skin.

Betaine firms and improves elasticity, strengthens the skin barrier, reduces skin sensitisation and stimulates collagen fibroblasts production for firmer looking skin. It also promotes hydration, is anti-inflammatory, anti-aging and soothing to the skin.

Betaine can be found in Luminous Light Polishing Powder and Pure Therapy Facial Oil Serum.

Bitter Orange Oil (Citrus Aurantium var. Amara)

The oil is cold pressed from expressed peel of the nearly ripe fruit. It comes from the same tree that produces Neroli Oil.

Bitter orange oil has been proven effective in treating numerous skin problems with its antiseptic, antibacterial and antifungal properties.

The oil also acts as a natural antiseptic and aids in clearing acne, cold sores, wounds, psoriasis, fungal infections as well as irritated/ inflamed skin. It also encourages skin regeneration.

Bitter Orange can be found in Natural Glow Cleansing Oil.

Bladderwrack Extract (Fucus Vesiculosus)

Fucus Vesiculosus is a type of brown algae (seaweed) that belongs to the Fucaceae family of algae.

Fucus vesiculosus extract is filled with active ingredients, such as free radical fighting phlorotannin antioxidants, bioactive polysaccharides, amino acids, vitamins and minerals. The extract fights damaging free radicals and skin aging, reduces inflammation, helps to improve skin elasticity and provides hydration to the skin.

It has an unusually high concentration of minerals, including sodium and potassium, and the full suite of essential amino acids, which can help facilitate the movement of water through skin's uppermost layers, so restores and maintains moisture levels, preserving skin smoothness and softness.

It also has an ability to stimulate collagen production. Some studies show that bladderwrack extract increases the production of collagen by 228%, while retinols increase it by "only" 190%. In skincare products the extract reduces wrinkle depth, corrects small imperfections and improves skin texture (by possibly blocking certain enzymes that cause skin damage).

Fucus Vesiculosus can be found in Biotech Supreme Pressed Serum.

Brazilian Mahogany Oil

From the Brazilian Rainforest this powerful extract has antibacterial and anti-inflammatory properties and helps reduce skin irritations. Brazilian Mahogany Oil is a rich source of essential fatty acids including oleic, palmitic, and linoleic acids, which aid cell regeneration and help reduce pigmentation marks.

Brazilian Mahogany can be found in Cream Supreme Facial Moisturiser.

Bio-Retinoids

Natural sustainable powerful plant-based alternatives to synthetic retinoids. They are not from the vitamin A family but work on the skin in the same way as synthetically/

laboratory made retinoids, and help to deliver the same effective visible results, without the irritating side effects.

Spanish Needle and Cotton Seed which together form a safe, stable, plant-based alternative to retinoids for the treatment of aging skin. Delivering the same wealth of the powerful effects, all without the skin stress of traditional chemical retinols.

- Proven to reduce wrinkles by up to 28% after 28 days.
- Improves skin firmness by up to 25% after 28 days
- Smooths skin texture by up to 35% after 42 days.
- Provides retinol-like behaviour by binding to the RXR receptor and reducing by 20% the RAR expression while increasing the RXR expression by 119% resulting in effective anti-aging and anti-photoaging action
- Regulates cell proliferation and differentiation as well as stimulates the production of extracellular matrix by ensuring greater skin firmness and wrinkles filling
- Provides a soothing effect because it regulates key inflammatory mediators responsible for the adverse effects of retinoids
- Increases by 25% the smoothness of the dermis in the face after 42 days
- Reduces in 67% the hyperpigmentation in the face after 56 days
- Reduces the roughness of the facial skin in 36% after 42 days
- Reduces in 28% the deep wrinkles of the facial skin after 42 days
- Reaches the deeper layers of the skin in 4 hours

Spanish Needle and Cotton Seed can be found in Cream Supreme Rich.

Camphor Bark Oil (Cinnamomum Camphora)

This plant is native to South East Asia. It is found in wood of the camphor laurel (a large evergreen tree found in Asia (particularly in Borneo and Taiwan).

It has a cooling effect on the skin, dilates blood capillaries and therefore reduces redness and helps with inflammation. It also relaxes the muscles.

Camphor can be found in Natural Glow Cleansing Oil.

Carrot Seed Oil (*Daucus Carota Sativa*)

The wild carrot is found in Europe, India and North Africa. Carrot seed oil is distilled from the seeds and has an herby, woody and earthy aroma. It is good for general skin health and may reduce wrinkles while improving elasticity and tone. Rich in beta-carotene and vitamins A & E, highly beneficial to hair and skin. Topical application of this oil promotes the formation of new, healthy skin cells.

Carrot Seed Oil can be found in Radiant Light Facial Serum.



Castor Seed Oil (*Ricinus Communis*)

Castor oil is sourced by being cold pressed from the castor bean plant native to tropical areas in Eastern Africa and the Mediterranean Basin. It is an age-old ingredient (over 4,000 years old) and considered one of the world's first medicinal oils because it naturally contains a unique and beneficial mixture of triglycerides or fatty acids (ricinoleic acid 85-95%) and also exerts remarkable analgesic and anti-inflammatory effects. It is non-comedogenic. Castor oil has germicidal and disinfectant properties, is useful in treating skin diseases and skin ulcers (particularly those that are caused due to bacterial or fungal infections). It softens, hydrates, delays the appearance of wrinkles and fine lines. It is anti-inflammatory, anti-bacterial and helps to fade scars.

Castor Seed Oil can be found in Natural Glow Cleansing Oil.

Cedarwood (*Cedrus Atlantica*)

Native to North America, Cedar trees are magnificent and can grow up to 30 metres in height and live for 1,000 years. The essential oil is steam distilled from the bark

and wood pieces of the tree and has a soft, powdery, woody, earthy yet sweet scent.

It is used for a number of skin issues. It is an astringent for oily skin conditions, and acne. It has been known to enhance cellular oxygenation, relieve skin conditions (dryness and itching) and also help prevent scarring.

Packed full of antioxidants, it can give dull, lacklustre skin the boost it needs. Repaired, strengthened and re-energised, the complexion will look rejuvenated. With its anti-inflammatory properties, it can help to soothe and calm irritated skin. It can also counteract out of balance skin by levelling out epidermis' sebum production to help reduce breakouts, blemishes and even pigmentation.

Cedarwood can be found in Pure Therapy Facial Oil Serum.

Chia Seed Oil (*Salvia Hispanica*)

Chia (*Salvia Hispanica* L.), also known as Mexican chia and Spanish sage, is a flowering green plant endemic to Latin America, Mexico, Guatemala, and Argentina. The flowers have purple, blue, or white colours, and seeds are an oval shape with dark brown to grey-white colours.

It is a non-fragrant plant oil whose seeds are a rich source of fatty acids, including Omega-3 (as alpha-linoleic acid) plus unsaturated fatty acids linolenic and palmitic acids. In fact, it's the richest known botanical source of skin moisturising and probably anti-inflammatory alpha-linolenic acid (contains 50-60%). It also contains barrier repairing linoleic acid (17-26%) and oleic acid (7%).

Chia seed oil is also a rich source of phenolic acids and isoflavones, two potent sources of antioxidants.

The oil can help skin fight irritation, dehydration, and even banish blemishes. Chia seed oil can help prevent and treat itchy, dry skin associated with underlying medical problems.

Salvia Hispanica can be found in Universal Glow Elixir.

Chlorella Vulgaris Extract (*Dermochlorella* Algae)

Chlorella vulgaris is an extract of green algae - a rich source of protein and essential amino acids (lysine, proline, glycine, and alanine as well as nucleic acids) which supplement human RNA and DNA and help in tissue growth and repair. It's also a rich source of carotenoids and B vitamins. all of which are the essential building blocks of proteins and constitute each individual collagen unit. Its large amino acid

component leads many to believe that it has the ability to restructure and smooth out the surface of the skin, particularly with scarred skin or aging skin. It is also an excellent source of methyl-cobolamine, the most absorbable form of vitamin B12.

Chlorella Extract also contains various biologically active compounds including growth factors, anti-inflammatory, and wound healing substances, antioxidants, and emollient compounds. It also serves as a natural and strong **prebiotic**, which helps provides balanced skin nutrition to probiotics. Because the first steps to beautiful skin are set within the foundation and preserves skin balance with its complete prebiotic effect – both direct and indirect.

- Soothes the skin by preventing the inflammation triggered by
- microbiome imbalances
- Keep the surface of skin—its first line of defence for balanced, younger-looking, and strong
- Offsets factors that lead to redness, dryness, and a weakened surface.
- Ward off signs of ageing skin
- Restores a healthy microbiome balance
- Revitalizes and rejuvenates from sun radiation and pollution

Chlorella Vulgaris Extract can be found in Cream Supreme Rich.

Clary Sage (Salvia Sclarea)

Native to southern Europe, Clary Sage Oil derives from a stout biennial herb that can grow up to 1 metre tall. It has large leaves and small, blue-white flowers. The oil is extracted through a process of steam distillation, using the flowering tops and leaves.

Clary Sage Oil contains an ester called linalyl acetate. Essentially, this powerful compound works to reduce skin inflammation, heal the epidermis and soothe skin. It is renowned for its ability to balance hormones. This can help to ensure that just the right amount of oil is produced in the epidermis to keep the complexion optimally nourished. Clary Sage Oil regulates the secretion of sebum to reduce the probability of breakouts, acne and oily skin.

Clary sage is relaxing, warming and euphoric and can be used on any skin type but is especially useful for mature or acne prone complexion, as it rejuvenates cells and is particularly soothing.

Clary Sage can be found in Pure Therapy Facial Oil Serum.

Colloidal Oatmeal (Avena Sativa)

Colloidal oatmeal is made by grinding oat grain, or *Avena Sativa*, into a fine powder. It is considered an emollient (a substance that softens or soothes the skin) as it is rich in fats, vitamins, minerals and enzymes, as well as antioxidants. It provides gentle exfoliation and helps to restore skin's natural pH. It also soothes irritated skin, reduces redness and inflammation, and help prevent Trans Epidermal Water Loss (TEWL).

Colloidal Oatmeal can be found in Luminous Light Polishing Powder.

Cotton Seed Oil (Gossypium Herbaceum)

Gossypium herbaceum (or commonly known as Short-Staple American Cotton or Levant Cotton) is a hardy perennial shrub native to sub-Saharan Africa and Arabia. It grows up to 6 ft high with wide, hairy leaves. The flowers are small and yellow with a purple centre.

Cottonseed oil contains high concentrations of vitamin E, fatty acids, and antioxidants that have many benefits for the skin. It has moisturising, anti-ageing and anti-inflammatory properties. The oil is a safe, stable, plant-based alternative to retinoids for the treatment of aging skin. Delivering the same wealth of the powerful effects, all without the skin stress of traditional chemical retinoids.

Cotton seed oil can be found in Cream Supreme Rich.

Crambe Abyssinica Seed Oil

Crambe Abyssinica Seed Oil, also known as Abyssinian Oil, is expressed from the seeds of *Crambe Abyssinica*, Brassicaceae. This plant with oval leaves and small white flowers is native to Africa and the Mediterranean region.

The oil is hydrating and protective, with a velvety, non-greasy texture. An active lubricant and emollient, it is a natural alternative to mineral oils and silicones.

It absorbs quickly and easily, with no sticky or greasy residue, and is high in essential fatty acids. It has a molecular structure that is not found in any other plant oil and is very resistant to oxidation, unlike many plant oils, as it contains a very high percentage of Erucic acid (Omega 9). It has skin softening and plumping properties, naturally anti-ageing, anti-inflammatory, easily absorbed into the epidermal tissue and promotes a smooth texture to the skin by softening lines and wrinkles. Adds radiance to a dull complexion.

Crambe Abyssinica Oil can be found in Mask Supreme 7-in-1, Cream Supreme Rich and Universal Glow Elixir.

Cranberry Fruit Extract (*Vaccinium Macrocarpon*)

Extract of the cranberry fruit which are beautiful deep red coloured berries. Antioxidant-rich and loaded with polyphenols and proanthocyanins to help combat free radicals and slow the appearance of the effects of premature ageing, formation of fine lines and wrinkles, and breakdown of collagen.

The extract also contains natural acids that help prevent the clogging of pores and is high in Vitamins A, C and E and essential fatty acids (omega 3 and 6). It has anti-aging, anti-inflammatory and skin regenerating properties, strengthens the skin's barrier system, can help to treat and fade the appearance of hyperpigmentation and acne scars & marks.

Cranberry Fruit extract can be found in Biotech Supreme Pressed Serum

Cucumber Extract (*Cucumis Sativus*)

A natural astringent (skin tightener), it also regulates moisture levels on the skin. High in Vitamin C content so excellent in brightening and protecting the skin from free radical damage. It is also known for its skin cooling, soothing and healing properties. Cools, calms and hydrates whilst protecting skin against the effects of pollution.

Cucumber extract can be found in Forest Dew Plump + Hydrate Beauty Water.

Cucumber Seed Oil (*Cucumis Sativus*)

Cucumber Seed Oil contains high amounts of Linoleic Fatty Acid, some Oleic and Palmitic Fatty Acids together with Vitamin E. It has excellent anti-ageing properties, keeps skin's protective barrier strong whilst improving elasticity and firmness. It is also antibacterial and anti-inflammatory and promotes cell regeneration.

Cucumber seed oil can be found in Pure Therapy Facial Oil Serum.

Cypress (*Cupressus Sempervirens*)

The Cypress tree is a tall upright perennial evergreen with dark green and scale like foliage and also produces cones. The origin of the Cypress tree is the Mediterranean area and western Asia. Cypress oil comes from Tuscany and is distilled from the pruned twigs and needles and sometimes cones.

The three main chemical components of Cypress oil are α -pinene, carene, and limonene. Both limonene and alpha-pinene are part of the monoterpenes group

which can help improve the appearance of oily skin and have strong uplifting characteristics. Alpha-pinene is also well known as a chemical with powerful renewing properties. Cypress helps to treat oily skin and acne. It is also beneficial for mature skin. It promotes cellular renewal for fresh looking skin.

Cypress Leaf/ Nut/ Stem Oil can be found in Natural Glow Cleansing Oil.

Cypress Leaf/ Stem Extract can be found in Biotech Supreme Pressed Serum.

Date Palm Seed Extract (Patented) (Phoenix Dactylifera)

Phoenix dactylifera, or date palm extract, is scientifically proven to have a significant impact on the visible signs of skin ageing. In cosmetics, this is a patented active ingredient known as D'Orientine S.

Clinically proven anti-wrinkle efficacy: its free radical scavenging properties protect skin from environmental sources of ageing and wrinkling. Also known to increase collagen production.

Date palm is rich in phytohormones, which are proven to have wrinkle fighting properties. In a study published in the *International Journal of Tissue Reactions*, date palm reduced the surface area of wrinkles by 27.6% and reduced wrinkle depth of study participants by 3.52%.

Another more recent published study on date palm and skin ageing was even more promising, as it revealed that topical application resulted in improved skin elasticity, an increase in skin brightness, greater skin hydration, and a decrease in redness and hyperpigmentation. This means that it can target nearly every skin concern associated with ageing.

There are 7 natural compounds present in date palm working in synergy to improve overall skin appearance. This antioxidant powerhouse helps to improve barrier function, reduce the look of lines and wrinkles, and has skin regenerating properties.

Date Seed Extract can be found in Pure Therapy Facial Oil Serum.

Dunaliella Salina (Chlorophyta)

Dunaliella Salina is one of the most studied green micro algae and is especially found in salt lakes in the desert. This unique Algae is being cultivated and grown in Eilat, in the south of Israel. It is known for being unique and adaptable and able to survive even in the harshest conditions. It contains rich concentrations of carotenoids (beta carotene, lutein, neoxanthin, zeaxanthin, violaxanthin, cryptoxanthin), antioxidants and vitamins that help to protect and even out skin.

This micro algae is a good source of phytoene and phytofluene (the natural colourless carotenoids) and contains exceptionally high amounts of Beta-carotene (which acts as a precursor to Vitamin A, which the skins converts into retinoic acid). It is also natural source of Vitamin B12 and acts as a natural antioxidant to protect skin from free radical damage.

Phytoene and Phytofluene (the natural colourless carotenoids) have been shown possess the following properties: give skin instant colour correction, unique anti oxidative capacity, anti-inflammatory, UV absorbency, melanin synthesis inhibition, collagenase inhibition and boosting of other biomolecules and actives.

In skincare, this offers instant benefits in terms of redness reduction and lightening/ evening of skin tone with long term benefits of anti-ageing and photoprotection – providing invisible protection and support for the face.

Studies in-vitro show:

- Green fluorescence under UV
- Unique anti oxidative capacity - OH
- UV absorbency = invisible colour
- Anti-inflammatory properties
- Inhibition of melanin synthesis
- Inhibition of MMP-1 (collagenase)
- Prevent damage to DNA
- Protection and boost of other biomolecules and actives including sunscreens, retinol, CoQ10, natural pigments.

Studies in-vivo show:

- Instant lightening and redness reduction
- Anti-ageing, anti-wrinkle, depigmentation and overall skin beauty
- Skin lightening/ brightening
- Stretch marks and cellulite smoothing

Dunaliella Salina can be found in Universal Glow Elixir.

Fig Fruit/ Leaf Extract (Ficus Carica)

Fig, also known as *Ficus carica*, is an Asian species of flowering plant. The fruit is a rich source of a class of antioxidants known as phenolic compounds including gallic acid, various epicatechins, and anthocyanins which contribute to the rich, often dark colour of fig skin and the fruit inside.

Fig extract contains high concentrations of polyphenols, flavonoids, anthocyanins, omega fatty acids and vitamins, including vitamins A, B1, and B2. It has high antioxidant properties via the polyphenols, flavonoids, and anthocyanins (help to neutralize radicals), It can help reduce uncomfortably dry, tight skin, including

compromised, redness-prone skin and enhances skin's hydration by preventing trans epidermal water loss (TEWL) from skin's uppermost layers. It can also visibly improve skin colour by addressing tyrosinase production (an enzyme whose overproduction can lead to dark spots) so is helpful for hyperpigmentation issues.

Ficus Carica extract can be found in Biotech Supreme Pressed Serum

Frangipani Flower Extract (Plumeria Rubra)

A member of the dogbane, or Apocynaceae family, plumeria is closely related to oleander. Commonly known as frangipani, it's found throughout Central America, the Caribbean and similar tropical climates. Blooming in summer and fall, plumeria flowers are large, fragrant and typically red, yellow or white. Besides looking beautiful in a centrepiece, its scent is widely popular for its strong, exotic fragrance.

It is a rich source of lignin, (an organic polymer that binds cells together and provides structure), so it can keep skin supple and firm at the same time. Frangipani is also a growth stimulant and has antibacterial properties as well as antioxidants including Benzoic acid which helps decrease oxidative stress induced tissue damage that results from chronic diseases. It also contains glycosides (a sugar compound), which help support collagen, promote the absorption of other ingredients and hydrate the skin thanks to their unique ability to bond to water molecules. Plumeria is a known moisturizer and anti-inflammatory. It's used to soothe dry, cracked skin and keep it soft.

Plumeria flower extract can be found in Biotech Supreme Pressed Serum

Frankincense (Boswellia Carteri)

One of the 'Holy' oils from ancient times when it was considered more valuable than gold.

The Frankincense tree is a small tree that grows on rocky hillsides in Yemen and Oman. The finest quality is produced from trees grown in North Africa. Frankincense oil is rejuvenating, balancing and relaxing and is distilled from oleo gum resin that exudes from incisions in trunk and hardens into tears.

Frankincense is antiseptic and is excellent to help dry, sensitive, mature, acne and sun damaged skin. Protects, rejuvenates and brightens the skin by encouraging cell renewal. Helps to heal wounds and scars on the skin. Improves skin tone and condition and keeps wrinkles at bay. Revered for its calming effect, it also helps to calm the mind, soothes frayed nerves and light stress.

Frankincense oil can be found in Radiant Light Facial Oil Serum and Mask Supreme 7-in-1.

French Fucose Rich Plant Extract

Fucose containing sulphated polysaccharides that are extracted from Swiss Alpine. It provides immediate and extra long-lasting hydration.

Studies have proven that this extract immediately hydrates and plumps the epidermis over a longer period of time than hyaluronic acid. Hydration increases by up to 75% after 1 hour and 85% after 8 hours.

Ideal for delicate skin prone to irritation, allergy and inflammation. Great for prematurely aging and dehydrated skins.

Fucose rich plant extract can be found in Forest Dew Plump + Hydrate Beauty Water.

Galbanum Extract/ Resin Oil (Ferula Galbaniflua)

Galbanum is a giant fennel-like plant native to the Middle East and Asia. Plants grow plentifully on mountain slopes and produce an aromatic resin that is both musky and green in scent. Galbanum contains about 8% terpenes; about 65% of a resin which contains sulphur; about 20% gum; and a very small quantity of the colourless crystalline substance umbelliferone. It also contains alpha-pinene, beta-pinene, limonene, cadinene, 3-carene, and ocimene. The resin is steam-distilled to produce essential oil.

It has anti-inflammatory, anti-microbial and nervine properties. Speeds the growth of new skin tissue and treats acne, cuts and wounds. It also helps to treat skin hyperpigmentation and scars; restores even skin tone.

Galbanum can be found in Radiant Light Facial Oil Serum.

Geranium (Pelargonium Graveolens)

Geranium essential oil is derived by steam distillation of the leaves of *Pelargonium graveolens*, a plant species native to South Africa. According to folklore, it was used for a wide range of health conditions.

Geranium oil is grown in many regions, including Europe and Asia. There are many varieties and strains of the pink flower with a fresh, floral fragrance. Each variety differs in scent, but is near-identical in terms of composition, benefits, and uses.

The oil has strong antimicrobial, antifungal, antiviral, antioxidant and anti-ageing properties. Studies on geranium essential oil indicate that its antibacterial, antimicrobial, and antiseptic properties make it beneficial for reducing acne

breakouts, skin irritation, and skin infections when applied topically. Geranium essential oil's anti-inflammatory properties also make it beneficial for a number of inflammatory conditions. It balances all complexion types and is said to delay wrinkling as it enhances skin repair.

Geranium can be found in Pure Therapy Facial Oil Serum.

Geranium Bourbon (Pelargonium Roseum Asperum)

Bourbon Geranium is considered the finest type of Geranium. It comes from the island of La Réunion (previously known as Île de Bourbon), 500 miles east of Madagascar, in the Indian Ocean. The island has the ideal climate and soil conditions for production of geranium. Extraction of geranium bourbon oil is achieved by steam distillation of the leaves and flowers. The resulting oil is a well-balanced pale olive-green colour with a sweet, leafy rosy fragrance with a minty and slightly fruity overtone.

It is balancing and regulating to both body and mind; used in skincare it normalises sebum levels in dry or greasy skin and promotes cell renewal. It helps to regulate the moisture and oil levels in your epidermis to leave skin re-balanced. It has anti-inflammatory, antifungal, antibacterial and skin soothing properties. It is deodorising, cleansing and uplifting as well as having good insect-repellent properties.

Geranium Bourbon can be found in Mask Supreme 7-in-1

Grapefruit Oil (Citrus X Paradisi)

Originating in Asia, grapefruit was not recognised as a distinct species until 1800, just before it was brought to Florida in 1823. Today, the United States remains the largest supplier of grapefruit. Grapefruit Essential Oil is therefore relatively new in comparison to other essential Oils but has quickly been adopted as a healing powerhouse in both medicinal and cosmetic capacities.

The oil is obtained by the cold expression of the peel (or rind) of the fruit. Grapefruit oil has high amounts of d-limonene, which possesses strong, uplifting, aromatic properties. It is used as effective treatment for acne, tones and tightens congested skin and can also stimulate the lymphatic system.

Grapefruit oil can be found in Radiant Light Facial Oil Serum.

Green Tea Leaf Extract (Camellia Sinensis)

Camellia Sinensis Leaf Extract is an extract of the leaves of the Tea, Camellia sinensis, Theaceae. It is commonly known as the green tea extract. It contains powerful antioxidant, anti-ageing and anti-inflammatory properties.

The extract is rich in polyphenols, and even more precisely catechins.

There are 4 major types: the most abundant and active one is EGCG (EpiGalloCatechin Gallate), followed by ECG (EpiCatechin Gallate), GCG (GalloCatechin Gallate) and EGC (EpiGallo Catechin) - they possess potent antioxidant, anti-inflammatory and skin-soothing properties, and show significant promise for improving the appearance of sun-damaged skin. It also has anti-microbial properties, for acne-prone skin.

Camelia Sinensis Leaf extract can found in Biotech Supreme Pressed Serum.

Hordeum Vulgare Juice (Barley Grass)

Hordeum vulgare, commonly known as barley, is a member of the grass family and grown in temperate climates around the world. Barley is a component of various foods and alcoholic beverages. Used in skin care products, it provides many benefits due to its potent antioxidant properties. Rich in phenols and flavonoids, which are both known to provide antioxidant activity, it can be used to maintain overall skin quality and reduce signs of aging. It is also emollient and skin conditioning and hydrates and softens the skin.

Hordeum Vulgare can found in Biotech Supreme Pressed Serum.

Hyaluronic Acid (HA)

Hyaluronic acid, also known as **hyaluronan**, is a naturally occurring substance known for its amazing capacity to attract and hold up to 1000 times its weight in moisture.

In the human body, hyaluronic acid is found in the eyes, skin and joints/ connective tissues. Unlike AHAs and BHAs, Hyaluronic Acid is not an exfoliating acid. It is actually a glycosaminoglycan, (a vital naturally occurring sugar molecule that forms part of skin's extracellular matrix). As the main glycosaminoglycan in skin, hyaluronic acid works to keep every aspect of skin stable, safeguarded, and constantly renewed. It also has antioxidant properties. It works by replenishing skin to enhance a healthy, supple look and feel.

Hyaluronic acid is a humectant, so it is able to draw moisture from its surroundings. It has the ability to help boost hydration for all skin types; especially beneficial for dry

or dehydrated skin. It increases moisture content and revitalises skin's outer surface layers, so they look and feel softer, smoother and radiantly hydrated, which in turn instantly improves the appearance of fine lines and wrinkles.

Hyaluronic acid's moisture-binding ability is especially important when it comes to skin ageing. When young, our skin can hold onto water and retain a balanced amount of moisture. It loses this ability as we age when levels of HA, collagen and elastin decrease. The result is a visible loss of firmness, pliability, and a diminished appearance of plumpness and suppleness. Hyaluronic acid therefore has powerful anti-ageing properties.

Hyaluronic acid is incredibly gentle and suitable for all skin types, even the most sensitive, redness-prone skin. Due to its natural calming benefit, it is also suitable for breakout-prone skin.

For an HA containing serum/ formulation to deliver both instant and long-lasting positive effects, it is best to use one with a combination of molecular weights.

'Low' and 'medium' molecular weight HA penetrates deeper into the epidermis, providing maximum below the surface hydration and in turn rehydrating skin cells over time. 'High' molecular weight HA delivers immediate intensive hydration to the surface of the skin for an instant smoothing and firming effect.

Sodium hyaluronate is a salt derived from hyaluronic acid. It is beneficial in the same way that hyaluronic acid for skin is, but with an added advantage; skin absorbs it more easily than it does hyaluronic acid.

AB Skincare uses a 3-molecular weight form of HA (sodium hyaluronate) and this can be found in Biotech Supreme Pressed Serum.

Jasmine Flower Extract (Jasminum Grandiflorum)

Jasmine is a genus of shrubs and vines that belong to the olive family. It contains around 200 species native to tropical and warm temperate regions of Asia, Africa, and Australia. Derived from the Persian word "yasmin," which means "fragrance flower," Jasmine has a sweet, romantic fragrance from flowers that are known to bloom at night.

Jasmine has the following properties. Anti-ageing (rich in antioxidants, jasmine can help protect from environmental stressors), evens skin tone (very effective in evening the tone of skin as well as reducing the appearance of age spots), moisturising (treats dry skin and provides natural moisture that won't clog pores), and hydrates for softer skin. Traditionally used to restore skin, botanical extracts of jasmine increase skin's elasticity and help balance moisture in the skin to naturally reduce dryness. Its natural antibacterial and antiseptic properties can protect skin from assault and aid skin health.

Jasmine Flower Extract can be found in Biotech Supreme Pressed Serum

Jojoba Oil (Simmondsia Chinensis Seed)

Jojoba oil is an oil-like wax ester extracted from the seeds of the jojoba plant. The jojoba plant is a shrub native to the southwestern United States. It grows in the desert regions of Arizona, southern California, and Mexico.

Jojoba is rich in vitamins and minerals, including vitamins B, C & E, silicon, copper, and zinc. It has anti-inflammatory, antibacterial, antiviral, anti-ageing and moisturising properties. It also works to heal wounds, soothe fine lines and wrinkles, ease psoriasis symptoms and ward off infections.

One theory behind jojoba oil as an effective acne treatment is that jojoba oil signals skin to balance itself. Technically a wax ester instead of an oil, jojoba oil resembles human sebum. Sebum is a waxy, oily substance on the skin. Overproduction or blocked sebum can cause acne. So when jojoba oil is applied, skin gets the message that it doesn't need to produce more sebum.

Jojoba Oil can be found in Universal Glow Elixir, Cream Supreme Facial Moisturiser and Cream Supreme Rich.

Kiwi Seed Oil (Actinidia Chinensis)

Kiwi Seed Oil comes from the Kiwi fruit (aka Chinese gooseberry). It originated from Southern and Central regions of China and was then introduced in early 20th century to New Zealand. The clear and yellow oil is extracted by using cold pressed method. It possesses more than 60% of Alpha Linolenic acid.

Highly antioxidant and very rich in essential Omegas 3 and 6, essential fatty acids (linolenic acid and alpha linolenic acid), phytonutrients, minerals and Vitamins C and E. It rebalances and treats oily, large pored and reddened skin and can aid in the relief of itchy, scaly, irritated skin conditions such as eczema and psoriasis. Its high content of Vitamin C can help combat wrinkles, blotches, large pores, acne, dark spots and other skin blemishes.

Kiwi Seed can be found in Pure Therapy Facial Oil Serum.

Kukui Seed Oil (Aleurites Moluccana)

Aleurites Moluccana Seed Oil comes from cold pressed extraction of the nuts of the kukui nut tree, also called the candlenut tree. Also known as candlenut or

candleberry oil, this non-fragrant plant oil is found throughout India and Indonesia and has been widely used in Hawaii and Polynesian islands for hundreds of years.

It possesses anti-inflammatory, pain reducing, skin calming and wound healing properties. It's also a particularly rich source of moisturising essential fatty acids linoleic c.42%, linolenic 32% and oleic acid c.15%, as well as Vitamins A, C, E and F. The oil is rich in antioxidants, helping the skin to boost production of collagen and stimulate the growth of new skin cells.

Kukui Seed oil can be found in Pure Therapy Facial Oil Serum.

Larch Tree Extract (Larch Arabinogalactan)

A natural SPF Booster with UV-absorbing properties and a plant alternative to collagen. Studies have demonstrated its ability to minimize the appearance of fine lines and wrinkles, reduce trans-epidermal water loss (TEWL) and skin exfoliation without irritation. Firms, tones and increases radiance; leaves the skin looking smoother and glowing.

Larch Tree Extract can be found in Cream Supreme Facial Moisturiser.



Lavender Extract and Oil (Lavandula Angustifolia)

Lavender is a bushy, strong-scented perennial plant from the Mediterranean. In warmer regions, its grey to green foliage stays evergreen throughout the year, and the herb thrives in some of the toughest of conditions.

Lavender oil is distilled from the flowers. It is suitable for all skin types and as a cell regenerator, it helps to prevent scarring and stretch marks. It has a reputation for

slowing wrinkles. It can be used on sun-damaged skin, acne, dry acne, oily skin, psoriasis, and burns.

It is an effective treatment for all problems concerning splitting of the dermis and epidermis; it also stimulates cleansing and detoxifying. Lavender closes and tightens pores, reduces redness and inflammation, improves skin regeneration and restores the skin's natural pH balance.

Lavender Oil/ Extract/ Water can be found in Forest Dew Plump + Hydrate Beauty Water, Natural Glow Cleansing Oil, Radiant Light Facial Oil Serum and Biotech Supreme Pressed Serum.

Lemon Extract & Oil (Citrus Medica Limonum)

The lemon tree originated in Asia but is widely cultivated in Italy, Australia and California. Lemon essential oil is extracted by being cold pressed from fresh peel. Lemon is best used on oily complexions. It can help to lighten skin hyperpigmentation and also rejuvenates and brightens the skin.

Lemon is non-toxic and non-irritant and is effective treatment for acne, dry skin. It strengthens epidermis function and tightens blood vessels. It is astringent, anti-bacterial, refreshing and a skin tonic. It is revitalising and uplifting, helping to keep a clear mind.

Lemon can be found in Natural Glow Cleansing Oil.

Lemongrass (Cymbopogon Citratus)

Lemongrass is grown in Central America, Brazil and China. Lemongrass is distilled from partially dried leaves. It has strong astringent, antimicrobial, antifungal properties and counters acne and skin infections.

Lemongrass can be found in Natural Glow Cleansing Oil.

Leuconostoc/ Radish Root Ferment (Raphanus sativus)

An alternative to potentially harmful preservatives, used in skincare and cosmetics, also known as Radish Root Ferment, and derived from radishes fermented with bacteria with the microorganism Leuconostoc (a bacteria from lactic acid). Small amounts (typically 0.5%) are used in skincare to protect them from a wide range of harmful substances that can contaminate the product and alter its effectiveness. Leuconostoc is a natural antimicrobial preservative.

The two compounds believed to be responsible for its preservative action are salicylic acid and an ammonium salt. Neither comes from fermentation but is present because these ingredients are used in soil to manage the growth of radishes, ensuring consistent sizes and colouration.

Radish root ferment can be found in Biotech Supreme Pressed Serum and Bright + Light Eye Cream.

Liquorice Root Extract (Glycyrrhiza Glabra)

Liquorice is derived from the plant *Glycyrrhiza glabra* meaning “sweet root” in Greek. The plant is a herbaceous perennial legume and is native to Africa, Southern Europe and parts of Asia including India. Liquorice root extract is removed from the plant and melted through a boiling process that absorbs much of the water.

The root extract contains Glycyrrhizin, Glabridin, Liquiritin and Licochalcone A (from Glabridin) which have powerful antioxidant and anti-inflammatory benefits. Glabridin inhibits the production of tyrosinase (an enzyme that triggers melanin production) and helps diminish dark spots/ hyperpigmentation issues from UV damage or scarring. Glycyrrhizin is an antioxidant that decreases reactive oxygen species, which ages and discolours skin. It is also anti-inflammatory, so reduces redness and calms inflamed/ irritated skin. Licochalcone A inhibits two inflammatory markers that trigger the inflammatory cascade and may have the added benefit of regulating oil production. Liquiritin brightens, evens skin tone and helps to disperse and remove existing melanin in the skin. This powerful extract is a natural alternative to achieve a visibly more even complexion.

Liquorice Root extract can be found in Universal Glow Elixir.

Lilac Leaf Stem Cell Technology (Syringa Vulgaris Leaf)

Repairs cellular damage related to inflammation, acne, ageing and photo damaged skin conditions, fights DNA damage from UVA/UVB exposure.

Beneficial to ageing skins with any combination of dryness, adult acne, oiliness and hyperpigmentation to provide hydration, superior antioxidant protection and pigment inhibiting capabilities.

- Improves skin function and provides necessary protection to the skin's delicately balanced proves of renewal. In-vitro and in-vivo studies found to possess significantly accelerated wound healing and world class remarkable anti-inflammatory action.
- Known to rapidly repair DNA oxidative damage.
- Fast repair reaction has the added benefit of preventing the ROS (reactive oxygen species - free radical) from causing further damage.

- Superior antioxidant protection.
- Speeds up skin's natural healing process, repair oxidative damage from UVA.

Lilac Leaf Stem Cells can be found in Biotech Supreme Pressed Serum.

Mango Seed/ Butter (Mangifera Indica)

Mango Butter is obtained from the fruit seed of the Mango Tree grown in the sub-tropics of India and other parts of the globe.

Known as the 'super-fruit' with excellent levels of antioxidant vitamins A, C and E to protect skin from further free radical damage and maintain healthy levels of hydration. Exhibits excellent moisturizing properties and good lubricity on skin. Reduces degeneration of skin cells and restores elasticity. Helps to stimulate collagen and elastin production. Dermatologists recommend Mango Butter to smooth acne scarring and for wrinkles/ to decrease signs of ageing, with a visible reduction in the appearance of fine lines within 4 - 6 weeks of daily use.

Mango Seed Butter can be found in Cream Supreme Facial Moisturiser and Cream Supreme Rich.

Marine Bamboo (Himanthalia Elongata)

Found in the north east Atlantic Ocean and North Sea, Marine Bamboo is an enriched fraction of fucosterol and phyco-carotenoids extracted from the brown seaweed, Himanthalia Elongata. In the algae, these substances are involved in the fight against the negative side effects of ageing and sun.

UV, blue light and Infra-Red type A generate ROS and promote MMP1 within the skin, leading to photo-ageing. Blue light (400–420 nm) in particular leads to oxidative stress. This induces inflammatory cytokines, increases the expression of matrix degrading enzymes (MMP-1) and decreases the anti-oxidative capacity of fibroblast. It also inhibits its proliferation and induces skin darkening.

Marine Bamboo shows an absorption maximum rate in the 400 to 430 nm wavelength range, focuses on the toxic high-energy wavelengths responsible of blue light skin damage. It protects against collagen destruction and maintains fibroblast activity by inhibiting MMP-1 and reducing the damage caused by Reactive Oxygen Species (ROS). It also promotes collagen and elastin synthesis in ageing cells.

In-vivo studies that after 28 days, 3% Marine Bamboo TG versus a placebo cream offers an 8% increase in firmness, 12% increase in skin tonicity, reduction of TEWL and blurring effect.

Marine Bamboo can be found in Universal Glow Elixir.

Matrix Metalloproteinases (MMPs)

These are enzymes found in the skin that are activated by UV exposure or inflammation. MMPs contribute to the breakdown collagen and elastin whilst inhibiting new collagen formation.

Meadowfoam oil (Limnanthes Alba)

Meadowfoam oil is extracted from the seeds of *Limnanthes alba* (meadowfoam flower), a plant native to Oregon.

The seeds contain 20-30% oil. Meadowfoam seed oil is extraordinarily stable, primarily because it contains over 98% long chain fatty acids. It is most similar to rapeseed oil, and is widely used in cosmetic and hair-care applications due to its stability, emolliency and smooth, soft skin feel

It has a composition similar to the natural oils and sebum found on skin, allowing it to absorb quickly and provide long-lasting hydration without leaving any heavy residue behind. It has also been found to be rich in omega-6 and omega-9 fatty acids, essential fatty acids which can aid skin in retaining moisture and maintaining elasticity, as well as the antioxidant powerhouse vitamin E. The combination of these nourishing compounds makes meadowfoam seed oil exceptionally good at moisturising, protecting and soothing and suitable for even the most sensitive skin.

Meadowfoam can be found in Bright + Light Eye Cream and Cream Supreme Rich.

Myrrh (Commiphora Myrrha)

Myrrh is a small scrubby tree from the Middle East and North East Africa. The tree exudes a gum from its incised trunk that is hardened into beads. Myrrh was used by the ancient Egyptians in the embalming process because of its remarkable preserving action on the skin.

Myrrh is effective for chapped, cracked, sensitive, dry, or aged skin. It eases inflammation and promotes skin repair.

Myrrh can be found in Radiant Light Facial Oil Serum.

Niaouli (Melaleuca Viridiflora)

Niaouli is steam distilled from the leaves of the evergreen Niaouli tree native to Australia. It is similar in appearance and aroma to Eucalyptus. The leaves of the tree are strongly fragrant when crushed, with a strong, slightly sweet, fresh,

camphoraceous aroma; its aroma is stimulating and uplifting and has similar medicinal properties to tea tree oil. It provides effective treatment for acne, oily skin, irritated/ inflamed skin, helps to firm skin tissue and aids in softening wrinkles. It has a powerful antiseptic effect and also promotes the healing of scar tissue.

Niaouli can be found in Pure Therapy Facial Oil Serum.

Oleanoline IS Extract - Olive Fruit Extract (Patented)

A botanical ingredient that provides a youthful and more efficient skin function. Contains the highest level of antioxidants known today, Hydroxytyrosol, which detoxifies, clarifies and protects the skin against UV damage.

Clinically proven to: reduce the appearance of irritated skin, protect the cells from chemical aggression, preserve the skin from UVB damage, protect barrier function and reduce the appearance of redness.

Olive Fruit Extract can be found in Radiant Light Facial Oil Serum and Pure Therapy Facial Oil Serum.

Olive Leaf Extract (Patented)

Discovered by the Egyptians over 2000 years ago, it was regarded as a symbol of 'heavenly power.'

Many of the health benefits of olive leaf extract are due to the unique antioxidants that it contains. Hydroxytyrosol is one of the most potent antioxidants. It has the ability to neutralize ten times more free radicals than green tea catechins and has twice the free radical absorption properties of coenzyme Q10.

The leaves of a single plant contain compounds that have anti-bacterial, anti-fungal and anti-viral, anti-cancer, anti-inflammatory and antioxidant. Will help to heal inflamed acneic and pimple lesions, protect and detoxify the skin. Clinically proven to reduce the appearance of irritated skin; reduces redness in skin.

Olive Leaf extract can be found in Cream Supreme Facial Moisturiser.

Orange Flower Extract (Citrus Aurantium Dulcis)

Extracted from the flowers of the Sweet orange, *Citrus aurantium* L. var. *dulcis* L., Rutaceae. It contains unique peptides for heightened skin barrier reinforcement and helps to keep skin in good condition. Safe for sensitive skin, orange flower extract

also functions as a natural binder in cosmetics, an emulsion stabiliser in skincare and has a lovely fresh floral scent.

Orange flower extract can be found in Biotech Supreme Pressed Serum and Bright + Light Eye Cream.

Palmarosa (Cymbopogon Martini)

Palmarosa Oil comes from the Cymbopogon Martini plant: a member of the lemongrass family. Native to India but widely cultivated across the world, this plant is a wild-growing, herbaceous green grass with flowering tops. Extracted through a process of steam distillation, Palmarosa Oil derives from the delicate flowers of the plant.

A cell regenerator that balances sebum production and helps maintain oil level, it can be used on any complexion type but works especially for acne, irritated/ inflamed skin conditions and wrinkles. Palmarosa regulates sebum production, hydrates and calms the skin. It has strong anti-inflammatory properties.

Palmarosa can be found in Pure Therapy Facial Oil Serum and Radiant Light Facial Oil Serum.

Passionfruit extract (Passiflora Edulis)

Passion fruit is a vine species of passionflower, native to southern Brazil through Paraguay and northern Argentina. It is cultivated commercially in tropical and subtropical areas for its sweet, seedy fruit. The fruit is a type of berry, round to oval, either yellow or dark purple at maturity, with a soft to firm, juicy interior filled with numerous seeds. Several varieties of passionfruit are rich in polyphenol content, and yellow varieties of the fruit were found to contain prunasin and other cyanogenic glycosides in the peel and juice.

The fruit extract contains beta-carotenes (Vitamin A), vitamins C and citric acids, lycphene, polyphenols (such as luteolin glycosides) which have an antioxidant effect, amino acids such as gamma-aminobutyric acid (GABA), and also inhibits endothelin-1 biosynthesis. Endothelin-1 induces over-production of melanin which can cause dark spots and pigmentation on the skin. It also relieves skin inflammation, repairs, soothes and helps to regenerate the skin.

Clinical Studies showed biological efficacy in:

- Repairing effect at three levels: dermis, dermo-epidermal junction (DEJ), epidermis. Stimulates the key markers involved in the skin repair mechanisms, the first step in healing. Stimulates the proliferation and migration of fibroblasts.

- Regenerating, remodelling, restructuring effect. Stimulates the key markers involved in the reorganization of the Extra Cellular Matrix (ECM) enabling tissues to be properly remodelled and mechanical skin properties to be restored following a lesion.

Passionfruit extract can be found in Universal Glow Elixir.

Patchouli (Pogostemon cablin)

Patchouli oil comes from Indonesia, India and China and is extracted by steam distillation from fermented leaves and allowed to age. It has a variety of additional uses throughout the world.

The main constituents of Patchouli oil are: Patchoulol, alpha-Patchoulene, beta-Patchoulene, alpha-Bulnesene, alpha-Guaiene, Caryophyllene, Norpatchoulenol, Seychellene, and Pogostol.

In skincare, it can treat skin conditions such as irritated, or dry cracked skin, provide feelings of relaxation and helping to ease stress or anxiety and is also useful as an insecticide, antifungal, or antibacterial agent.

Patchouli is a cell rejuvenator and antiseptic as well as having strong anti-inflammatory properties, so is effective treatment for acne, inflamed, cracked, sensitive or mature skin.

Patchouli can be found in Radiant Light Facial Oil Serum.

Peptides

Peptides are short strings of amino acids (typically comprising 2–50 amino acids). Amino acids are also the building blocks of proteins, but proteins contain more. The most commonly known proteins in the skin are collagen, elastin and keratin, which are responsible for skin texture and tone. There are hundreds of different peptides, all of which are made from different combinations of amino acids.

Peptides, also called polypeptides, are naturally occurring in the skin, are also included in many skin care products. Applied topically, they can penetrate the outer layer of the skin, so instead of sitting on top of the skin, they sink in more deeply. Think of them as messengers for the other cells — they send signals telling the cells to produce collagen and elastin.

Benefits include an improved/ stronger skin barrier, reduction in the appearance of wrinkles and fine lines, firmer tauter skin, easing of inflammation, repair to damaged skin, and evening out of skin tone. Some peptides are antimicrobial, meaning they can kill bacteria that cause acne.

Phoridium Extract (Phormidium Percinicum)

A potent micro blue-green algae, scientifically proven to stimulate cell renewal, cell repair, reduce cell death and inflammation.

Clinical results show that it inhibits cell death after exposure to UV by 73%, brightens and evens the skin tone by 42% and prevents sunburn cells from forming by 98%.

Phoridium Extract can be found in Mask Supreme 7-in-1.

Polyhydroxy Acids (PHA)

PHAs (Poly-hydroxy acids) fall under the AHA family. They are much larger in molecule size compared to the more common AHAs (e.g. glycolic and lactic acids). The most well-known PHAs are lactobionic acid, galactose and gluconolactone.

Due to their larger molecule size, PHAs do not penetrate as deeply into the skin but rather work on the outer layers of the skin. PHAs tend to be less sensitising and gentler, compared to other chemical exfoliants.

PHAs are used on the skin for their exfoliating, skin smoothing, moisturizing, and anti-ageing benefits and may be a good alternative for very sensitive skin which cannot tolerate AHAs and BHAs. They are also humectants (meaning they retain moisture reserves) and skin regulating. They have powerful anti-inflammatory and antioxidant properties. PHAs can even combat glycation, a process that weakens collagen and elastin in skin.

PHAs can help lift superficial pigmentation after a breakout clears and are less likely to cause rashes in the process (which can worsen pigmentary issues). Safe for all skin types, including darker skin tones that are prone to hyperpigmentation.

Gluconolactone can found in Biotech Supreme Pressed Serum and Forest Dew Plump + Hydrate Beauty Water.

Pomegranate and Neroli Peptide Technology

Low molecular weights of orange blossom peptides and pomegranate extracts for lasting age-defying results.

Pomegranate peptides entrap moisture. The isolated the higher weight carbohydrates of pomegranate create a film on the skin's surface that acts as a barrier enhancement where hydrating spheres can then hold moisture at the surface level, allowing for a noticeable lifting effect with increased suppleness.

For this reason, pomegranate peptides create immediate and lasting smoothing effects and optimise skin barrier functions. Clinical data reveals that the lifting effect is instant upon application and lasts for up to 4 hours.

This peptide technology can be found in Bright + Light Eye Cream and Biotech Supreme Pressed Serum.

Pomegranate Extract (Punica Granatum)

Pomegranate fruit extract is derived from the pomegranate fruit, which has a thick husk and small pockets of edible seeds and juice inside. Pomegranate is believed to have originated in Iran but is grown in northern India, China, the United States and the Mediterranean area. The fruit grows on trees that are five to eight meters tall.

Pomegranate extract has strong antioxidants (ellagic acid). Topical application of products containing pomegranate extract may improve the appearance of wrinkled skin by soothing skin and inhibiting damaging environmental stressors.

Studies have shown the efficacy of punica granatum extract in protecting the skin against UVB-induced damage. Using cultured human skin fibroblasts, researchers found that the polyphenols in the extract played a significant role in creating a photoprotective barrier to shield the skin from sun damage and potential skin cancers.

Pomegranate extract can be found in Biotech Supreme Pressed Serum and Bright + Light Eye Cream.

Poria Mushrooms Root Extract (Porio Cocos)

Poria is a type of Chinese fungus/mushroom that helps make the skin less reactive to attack from pollution, helping it to recover more quickly as well as reducing redness and itching. Proven in-vitro activity shows that it helps against loss of cell viability, maintains the cell's energy level and protects the skin's cellular structure and barrier function. Demonstrates strong activity against the effects of hyperosmotic stress and photosensitivity. In-vivo testing has shown accelerated skin barrier repair, reduction in UV-generated erythema and anti-itching benefits. Soothes and protects the skin after external stresses. Great for after sun protection and skin barrier restoration.

Porio Cocos extract can be found in Biotech Supreme Pressed Serum.

Prebiotics

Prebiotics, which are a food source for the bacteria, are also beneficial to recalibrating the skin microbiome. Probiotics are the “good guys” and prebiotics contain what the “good guys” consume to make sure they thrive and proliferate. Prebiotics also promote a more diverse array of bacteria, and diversity is key to healthy happy skin.

AB Skincare utilises *Chlorella Vulgaris*, a powerful prebiotic that can be found in Cream Supreme Rich.

Probiotics

Probiotics are a host of diverse bacteria ecosystems (over 1,000 species approximately) that reside on skin. This ecosystem of bacteria, fungi and viruses that live on skin is called the microbiome. Research shows that some of these microbes actually promote skin health. They reinforce skin's natural barrier against bad bacteria, balance skin's pH levels and may even help to protect against skin cancers.

Probiotics benefit the skin in three ways; First, they act as a protective shield by preventing bad microorganisms from provoking an immune reaction to create a more calming environment for the skin. Second, they produce natural antibiotics called antimicrobial peptides that combat bad bacteria. Lastly, they boost the skin's functionality in dealing with external damaging factors including free radicals, sun, and pollution. These benefits help to reduce inflammation and flare-ups thereby preventing premature ageing.

Postbiotics

Postbiotics are metabolic by-products of the natural bacteria function. These postbiotics which consist of enzymes, organic acids, polysaccharides and peptides are powerful molecules that further reinforce skin's healthy barrier.

Pumpkin Ferment (Cucurbita Pepo)

Fermentation technology capable of enhancing cellular renewal for excellent exfoliating benefits. Pumpkin is proven a non-irritant to skin tissue and gently exfoliates for an ultra-smooth flawless skin.

Containing fruit enzymes and AHAs (alpha hydroxy acids), Pumpkin ferment works by sloughing off dead skin and boosting cell turnover, resulting in a smoother and brighter complexion. It also contains beta-carotene, vitamin C, and antioxidants

which help reduce dark spots, sun damage and wrinkles. Pumpkin ferment also contains high levels of zinc, which helps target scarring and acne.

Pumpkin ferment can be found in Biotech Supreme Pressed Serum.

Pullulan Extract

Pullulan extract is a polysaccharide polymer obtained from the fermentation medium of the black yeast. It offers a wonderful firming and tightening effect on the skin, as well as skin protection via its antioxidant properties. It stimulates the formation of Collagen Type 1.

Pullulan can be found in Luminous Light Polishing Powder.

Raspberry Fruit Extract (Rubus Idaeus)

This fruit is also known as red raspberry and gets its bright red colour from the presence of antioxidant compounds known as anthocyanins. It has strong antioxidant and anti-inflammatory properties.

Raspberry fruit contains a broad mix of antioxidants, including Vitamin C and E, beta-carotene, glutathione, quercetin. It is also a source of a type of polyphenol known as ellagitannins, such as those from antioxidant ellagic acid. It has antibacterial properties; is one of the only fruits that are naturally high in salicylic acid. It can inhibit enzymes in skin that lead to signs of discolouration and loss of firmness. Research has also shown topical application of red raspberry extract can help skin defend itself in the presence of UVB light.

Rubus Idaeus can be found in Biotech Supreme Pressed Serum.

Reactive Oxygen Species (ROS)

Dangerous free radicals (unstable oxygen molecules) generated by UV rays and pollution. ROS attack and react with stable cell molecules, causing cross-linking of collagen and elastin (the main cause of wrinkles) whilst lessening the skin's ability to repair itself.

AB Skincare products work to reduce ROS in the skin.

Reed Extract (Phragmites Communis)

Phragmites Communis Extract is an extract of the flowering grass that are rich in phenols and polyphenols such as vanillic, ferulic, coumaric acids and in aldehydes such as p-hydroxybenzaldehyde. The leaves and stem contain flavanols, flavones such as luteolin, aconitic acid and more specifically tricetin, various alkaloids such as hordenin, gramine, tryptamine, indol-3-ethylamine, and di- and tri-terpenes such as a-amycin. Reeds are 2-3 times richer in vitamin C than orange and anthocyanins.

Reed extract has good antioxidant and skin conditioning properties. It has been shown in studies to decrease the proportion of tyrosinase (the enzyme that triggers melanin production) in skin, so can help with hyperpigmentation issues.

Reed extract can be found in Biotech Supreme Pressed Serum.

Retinoids

A class of synthetically derived chemical compounds related to the Vitamin A. Retinoids are used in varying strengths and formats within skincare for cell proliferation and regeneration.

Retinoic acid (also known as Retin-A or Tretinoin) is the strongest, prescription level retinoid that's often used to treat acne as well as ageing. We naturally have retinoic acid in our skin and this form is 'bio-available' meaning it doesn't need to be converted to work in skin cells. All other retinoids need to be converted by our skin cells once they hit the skin. From strongest to weakest, these are retinaldehyde, retinol and then retinol esters (such as retinyl palmitate).

Retinoids have many benefits. It can increase cell turnover and stimulate collagen and elastin production. It can increase the appearance of firmness by plumping up fine lines and wrinkles. It can improve uneven skin tone, treat pigmentation issues and smooth the surface of skin. It can even help with cystic acne and blemishes.

Retinoids have some side effects – it does not work equally well on everyone. It can increase inflammation, dryness and sensitivity in already delicate/ sensitised skins. Side effects such as redness, dryness and flaking are common. Retinoids increase cell turnover, so can make skin temporarily thinner and therefore more fragile and also increase photosensitivity within the skin, so use of high broad spectrum sunscreen is essential.

Rosehip Seed Oil (Rosa Rubiginosa)

Rosehip Seed Oil is extracted from the seeds of a rose bush found in the southern Andes of Argentina and Chile and is used for its Vitamin A and Vitamin C content, as well as its antioxidant, diuretic and astringent properties.

It is considered an anti-ageing ingredient because of its high Vitamin C content and its ability to boost skin regeneration and elasticity. It is also high in GLA, an essential fatty acid which helps to reduce fine lines and combat the drying effects of the sun, environment and climate. Other fatty acids found in high levels include Linoleic Acid (47.4%) and Linolenic Acid (33%), which help healing and regeneration, while preventing the formation of thick keloid scar tissue and are helpful in healing burns, scars and stretch marks.

A study found that daily applications of Rosehip Seed Oil facilitated wrinkle reduction, and the fading of age spots and sun damage. It penetrates the skin easily and is considered a powerful moisturiser and emollient and is used for a variety of skin conditions, including dermatitis, acne and eczema, for mature and sun burnt skin as well as brittle nails and wrinkles. It also includes other beneficial compounds such as tannins, citric acid, essential oil, epicatechin, flavonoids, gallic acid, invert sugars, isoquercitrin, leucoanthocyanins, lycopene, magnesium, malic acid, pectin, protein, rubidium, rubixanthin, succinic acid, sucrose, and alpha tocopherol (vitamin E).

Rosehip seed oil is a classic luxurious oil that is excellent for sensitive and oily skin, acne and for skin with large pores. It has a short surface time on the skin that means that is absorbed quickly and leaves no oily residue behind.

Rosehip seed oil can be found in Radiant Light Facial Oil Serum.

Rosemary leaf Extract (*Rosmarinus Officinalis*)

Rosemary is a plant belonging to the family Lamiaceae and originated from the Mediterranean region. It is a perennial and aromatic plant, shrub-shaped with branches full of leaves, having a height of up to 2 meters and green leaves that exude a characteristic fragrance.

The leaf extract contains flavonoids, phenolic acids, and diterpenes. Its main active is rosmarinic acid, a potent antioxidant and anti-inflammatory. It has also good anti-bacterial, astringent and toning properties.

Research has shown that rosmarinic acid has a calming effect on skin, which may be useful for mitigating several common skin issues. Rosmarinic acid is an antioxidant, as is caffeic acid, another naturally occurring component of rosemary.

Rosemary Leaf extract can be found in Biotech Supreme Pressed Serum

Rosewood Oil (Aniba Rosaeodora)

An exceptional cell stimulant and tissue regenerator, brightens and gives radiance to dull, sallow and fatigued skin. Helps diminish unwanted pigmentation issues. It's refreshing aroma will help to balance and lift both the mind and body.

Rosewood Oil can be found in Radiant Light Facial Oil Serum.

Safflower & Vit E Oleosomes (Carthamus Tinctorius)

This patented Next Generation Delivery System/ technology is supercharged micro spheres that deliver improved elasticity and provide instant hydration into the skin. Enriched with 60% Vitamin E and Safflower nutrients, which are delivered to the skin in a delayed, time-released manner. Safflower & Vit E Oleosomes are 1-3 microns in size (a strand of human hair is 300 microns) and are spherical in shape.

Gives long lasting moisturisation, improves hydration, luminosity and nutrient retention, whilst delivering a calming effect on sensitised skin.

Safflower Oleosomes can be found in Mask Supreme 7-in-1 and Biotech Supreme Pressed Serum.

Sage Leaf Extract (Salvia Officinalis)

Salvia officinalis (sage, also called garden sage, common sage, or culinary sage) is a perennial, evergreen dwarf shrub, with woody stems, greyish leaves, and blue to purplish flowers. It is native to the Balkan and Mediterranean regions.

It has anti-microbial properties, thought to be because of its thujone content and can protect skin against certain bacteria and fungi. It also contains essential oils, Hydroxycinnamic acid derivatives, and flavonoids, which deliver additional potent antioxidant effects. It also has an astringent and tonic effect on skin as well as antihidrotic (fights perspiration) properties.

Sage leaf extract can be found in Biotech Supreme Pressed Serum.

Sandalwood Oil (Santalum Album)

Sandalwood is a class of woods from trees in the genus Santalum. The woods are heavy, yellow, and fine-grained, and, unlike many other aromatic woods, they retain their fragrance for decades. The oil is extracted from the woods for use and often cited as one of the most expensive woods in the world

The oil is skin soothing balancer. It calms itchy, irritated skin and helps reduce congestion, spots, blemishes and acne.

Sandalwood oil can be found in Pure Therapy Facial Oil Serum.

Sea Buckthorn Oil (Hippophae Rhamnoides)

Sea Buckthorn is a small scrub bush native to Russia and China and the oil is produced from the cold pressing of the entire fruit body that the small scrub produces.

Seabuckthorn oil can be extracted from either the seeds or the pulp of the fruit. The berries are a natural and very rich source of Vitamins A and E, beta carotenes, flavonoids and are second only to Rosehips in Vitamin C content. It is also rich in Omegas 3, 6 and 9 and also contains high amounts of rare palmioleic acid (Omega 7), an essential fatty acid not naturally produced by the human body and highly beneficial.

The oil promotes skin hydration, elasticity, repair and cell regeneration. It can also help treat acne and scarring. With regular use, dryness, sun damage and scarring are diminished. It is therefore one of the most beneficial oils for ageing skin as it has such strong antioxidant, anti-inflammatory properties.

Sea Buckthorn can be found in Radiant Light Facial Oil Serum.

Sesame seed Oil (Sesamum Indicum)

Sesame oil is derived from the seeds of the flowering sesame plant. These plants are native to East Africa and India but are currently grown in many countries around the world. The oil has the following properties, which help to make it a beneficial oil for skin: it is antioxidant, antimicrobial, anti-inflammatory and is non-comedogenic.

Sesame oil can be found in Natural Glow Cleansing Oil.

Spanish Needle (Biden's Pilosa) Extract

Bidens Pilosa is a species of the Asteraceae family, originating in South America. It is known for its action as a bio-retinoid.

It treats the effects of skin ageing and photoaging. It is also popularly used to treat acne and psoriasis. It provides skin calming, illuminating and sebum-regulating effects.

Biden's Pilosa can be found in Cream Supreme Rich.

Squalene

Squalene oil can be found naturally in olives, wheat bran, rice bran, and amaranth oils. It is an emollient with a light non greasy consistency and is readily accepted and easily absorbed by the skin.

Chemically, it's a hydrocarbon, a group of ingredients made of only hydrogen and carbon. It is therefore classed as a 'pure molecule.' Squalene is as vital to skin as water is to life. Everyone is born with squalene in their skin – regardless of skin type, age or ethnicity. Skin typically contains around 12% squalene and it is a natural constituent of human sebum. Production of squalene in the skin begins to decrease from the age of 25, resulting in the dehydration that can lead to fine lines, wrinkles and premature ageing.

It helps to soften the skin, keeping it supple and preventing moisture loss; helps neutralise UV damage and protects against lipid peroxidation which can damage pores.

Squalene has antibacterial, nourishing, hydrating properties and also helps to boost cell regeneration. It is the skin's principal lipid, natural emollient, built-in moisturiser and skin antioxidant.

Squalene can be found in Radiant Light Facial Oil Serum and Universal Glow Elixir.

Sunflower Seed Oil (Helianthus Annus)

Extracted from the seeds of large sunflowers, this non-volatile, non-fragrant plant oil is used as an emollient in cosmetics. Sunflower seed oil's c.60% linoleic acid content has the ability to help replenish, strengthen, and soothe skin. This oil also contains other beneficial fatty acids skin can use - oleic, palmitic, stearic, and some of omega-3 linolenic acid. It is also a good source of Vitamin E.

Sunflower oil is particularly beneficial for dry, dehydrated, or environmentally compromised skin because its linoleic acid content helps skin synthesise its own

lipids including ceramides, visibly repairing its barrier and helping the skin to proper moisture levels. This leads to smoother, healthier-looking skin.

Sunflower seed oil also has a natural calming effect on skin, so can be helpful for reducing signs of skin stress or irritation. It also provides antioxidant protection.

Sunflower Oil can be found in Cream Supreme Facial Moisturiser, Cream Supreme Rich, Bright + Light Eye Cream, Universal Glow Elixir and Biotech Supreme Pressed Serum.

Swiss Alpine Extract (Epilobium Fleischeri)

This rare Alpine plant is cultivated under strict conditions in the Swiss Alps.

Designed for oily skin and sensitive skin products. Clinical studies have shown a reduction of size and appearance of pores by 18%, reduction in skin inflammation and a reduction in the production of 5 Alpha-Reductase (the acne inflammatory mechanism) by 66%. Mattifies and balances the skin by decreasing oil production in skin by 55% .

Swiss Alpine extract can be found in Forest Dew Plump + Hydrate Beauty Water.

Tapioca Extract (Cassava Mannioc Root)

Tapioca is derived from the cassava shrub. It is a soft, white powder that gives skin a silkier feel. It is anti-acne, has some oil absorbing properties and also gives increased cushion and richness to emulsion-type formulas.

Tapioca starch can be found in Luminous Light Polishing Powder.

Tea Tree Oil/ Leaf (Melaleuca Alternifolia)

Tea tree essential oil is extracted from distillation from the leaves. It has been used for over 100 years in Australia and is registered there as a proprietary medicine. Tea tree oil is ideal for oily skin and is especially useful for healing acne and dermatitis. It has anti-microbial, antiseptic, anti-fungal, anti-bacterial and anti-viral properties and is generally non-irritating.

Tea Tree Oil can be found in Natural Glow Cleansing Oil and Pure Therapy Facial Oil Serum.

Tea Tree Leaf can be found in Luminous Light Polishing Powder.



Tea Seed Oil (Camellia Oleifera)

Tea seed oil (also known as camellia oil, camellia seed oil) is an edible plant oil. It is obtained from the seeds of *Camellia oleifera* and widely grown in China.

The oil is very rich in essential fatty acids - c.80% oleic acid; c.8% linoleic acid; c.9% palmitic acid; c.2% stearic acid.

A natural disinfectant, it helps to calm angry skin. It assists the skin's natural emollient system by offering skin restructuring, moisturising and nourishing whilst also providing a protective shield to promote skin healing and guard against future damage (helps prevent premature ageing). It moisturises the skin to make it smooth and speeds up the healing process of blemishes, scars and wounds.

Tea Seed oil can be found in Pure Therapy Facial Oil Serum.

Thioredoxins (TRX)

Thioredoxins are small proteins that are part of the 'natural defence proteins found' in skin – they act as antioxidants to reduce free radicals formed by UV exposure, pollution and heat.

TRX is found in nearly all known organisms and are essential for life in mammals. A stress-inducible antioxidant protein, it has been shown to play crucial roles in cytoprotection against oxidative stress of various sorts. The cytoprotective effects of TRX are attributed mostly to its scavenging activity against ROS (reactive oxygen species - free radicals that cause damage to the skin).

Tocopherol extract (Vitamin E)

A natural antioxidant, it helps to protect the skin and promote even skin tone. It is very active in reducing oxidative stress and detoxifying the skin from environmental pollutants.

When applied topically to the skin, it helps the formation of new skin cells and improves circulation. Furthermore, it has value in assisting with the repair of sun-damaged skin.

Vitamin E is present in Cream Supreme Facial Moisturiser, Radiant Light Facial Oil Serum, Pure Therapy Facial Oil Serum, and Natural Glow Cleansing Oil.

Triheptanoin

Triheptanoin is a skin conditioning and emollient originally derived from grapes; research suggests that this ingredient is a penetration enhancer, which may make it easier for other ingredients to penetrate the skin. It is a light, oily liquid, a triglyceride of seven carbon length fatty acid, heptanoic acid, that works as a very high spreadability and low viscosity emollient, making the skin feel nice and smooth.

Triheptanoin can be found in Universal Glow Elixir.

Vanilla Fruit Extract (Vanilla Planifolia)

A species of the orchid genus, known as Vanilla. Comes originally from Mexico and Central America, where it was historically used to treat fever.

Vanilla planifolia fruit extract is a natural ingredient and used in skin care for its antioxidant benefits. The vanilla plant's seed, commonly referred to as vanilla bean, is a good source of catechins (also known as polyphenols), which have antioxidant activity and help to soothe and smooth skin. It is also commonly used as an aromatiser.

Vanilla Planifolia fruit extract can be found in Biotech Supreme Pressed Serum.

Vetiver Root Oil (Vetiveria Zizanioides)

Vetiver, also known as Khus Oil, comes from a tall, tufted perennial tropical grass which grows in India and Indonesia. The oil is extracted via steam distillation of dry roots. The oil is thick and dark reddish-brown in colour with a deep, smoky and earthy scent.

Effective as an aromatherapy agent, with its scent being sedative, grounding and relaxing. It is also useful for more mature, dry or irritated skin. It can strengthen the connective tissues and promotes skin regeneration.

Balances sebaceous gland and hormonal activity. Rejuvenates dry skin and absorbs excess oil. Effective against skin irritation, blemishes and acne, as it de-stresses and delays bacterial growth.

Vetiver can be found in the Pure Therapy Facial Oil Serum.

Wheat Germ Oil (Triticum Vulgare)

Wheat germ oil is extracted from the heart the wheat kernel. Wheat germ is the most nutritious component of the wheat kernel and contains 23 different nutrients, including protein, vitamins, omega-3 fatty acids, iron and calcium.

The oil is nutrient-packed and readily absorbed by skin which makes it particularly well-suited to moisturising and soothing the skin, especially dry or cracked skin conditions. When applied to skin, wheat germ oil delivers a healthy infusion of vitamins A, B, D & E, antioxidants and oleic and linoleic fatty acids.

Wheat Germ Oil can be found in Natural Glow Cleansing Oil and Radiant Light Facial Oil Serum.

White Bird of Paradise Flower Extract (Strelitzia Nicolai)

A native South African plant, it belongs to the plant family Strelitzia. In South Africa it is commonly called the crane flower.

The extract from this rare and beautiful flower restores luminosity, brightens and evens out the skin tone to recapture the skin's youthful vitality. It also promotes glowing skin.

Decreases bilirubin (the pigment that can cause dark circles) by 90% in 40 hours. Restores skin's beauty to reveal a recharged youthful luminous appearance.

Strelitzia Nicolai can be found in Bright + Light Eye Cream and Biotech Supreme Pressed Serum.

Wild Carrot Root Extract (Daucus Carota)

The humble carrot has been known as a medicinal plant, as well as a culinary one, since the 1st century AD with many references appearing in even earlier Greek

writings. In the 21st Century, it is known to be a highly concentrated blend of vitamins A and E.

Vitamin A (source of retinol that skin converts and uses) heals dry, chapped skin and it also stimulates cellular renewal and promotes collagen formation for improved skin firmness.

In addition to carotenoids, Wild Carrot Root contains other powerful antioxidants such as tocopherol (vitamin E). Studies have shown that topical application of vitamin E may directly reduce many harmful effects of UV, enhance skin immunity and help heal a sunburn.

Used often to treat troublesome sensitive skin and helps with rashes, acne, irritated skin and helps to reduce wrinkles. It also helps to protect the skin from the signs of ageing.

Wild Carrot Root can be found in Radiant Light Facial Oil Serum.

Witch Hazel (Hamamelis Virginiana)

Witch Hazel is a shrub native to North America and parts of Asia. The active extract is distilled from dried leaves, bark, and partially dormant twigs of this plant.

It has healing and astringent properties. Witch Hazel distillate can help to refine the appearance of pores, calm redness and inflammation, soothe irritated or blotchy skin and relieve itching.

Witch Hazel can be found in Forest Dew Plump + Hydrate Beauty Water.

Yarrow Oil (Achillea Millefolium)

Yarrow oil is a mildly scented oil with potent antiseptic, astringent and anti-inflammatory properties. This flowering plant is native to the Northern Hemisphere and has a long history as a powerful 'healing herb' used topically for healing wounds, cuts and abrasions.

It also works on a cellular level to help repair damage to skin and stimulates healthy new skin cell growth.

Yarrow can be found in Pure Therapy Facial Oil Serum.

Zinc PCA

Zinc PCA is the Zinc salt of pyrrolidone carboxylic acid. It helps to combat acne-causing bacteria, decreases sebum secretion and reduces shine, whilst helping the skin retain its natural humidity.

Research has shown it also has anti-ageing and anti-inflammatory benefits due to its ability to thwart destructive enzymes in skin that can damage its surface and lead to an aged, wrinkled appearance.

Zinc PCA can be found in Luminous Light Polishing Powder.