

# Bath Time

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## Glossary of Terms

### A

Almond Oil - vegetable oil from almonds, emollient, protects skin, relieves irritation and inflammation

Aloe Vera - used medicinally for thousands of years for effective healing and soothing, can help with acne and eczema

Antioxidants - Fight free radicals and prevent damage to skin cells.

Arnica - Herbal extract, nourishing and anti-inflammatory, promotes circulation, soothes sore muscles

### B

Basil - Herb, restorative, stimulates skin's circulation and oil glands, antibacterial, anti-inflammatory, healing, soothing

Beeswax - Purified wax from the honey comb of the bee, skin softener, antioxidant properties, emulsifier

Bergamot - Herb, antiseptic, anti-inflammatory properties, aromatic, skin balancer, useful for treatment of acne, soothing, stress reducer

Beta-Carotene – An antioxidant found in yellow, orange or red fruits and vegetables.

Borage Oil - Plant oil, moisturizes dry, damaged skin, stimulates skin cell regeneration and rejuvenation, rich in minerals and gamma linoleic acid, nourishing

Burdock Extract - Plant, helps restore smoothness to skin, long used as a remedy for acne, eczema, reduces inflammation, soothes irritated skin, strengthens hair

Butyrospermum Parkii - Shea butter, regenerates dry skin, reduces the appearance of wrinkles

### C

Calendula - marigold, soothes, heals, restores, known for its regenerative and anti-inflammatory properties, good for irritated skin

Camphor - From the camphor laurel, an Asian evergreen tree, soothing, helpful for chapped skin

Carrot Seed Oil - Plant oil, emollient, improves skin elasticity and tone, combats wrinkles, helps repair damaged tissue, good for sensitive and or mature skin

Cedar - Plant, antiseptic, astringent, good for dandruff, eczema, itchy skin and scalp, hair loss, balancing and calming effect on mood

Chamomile - Warm, sweet, herbaceous scent, relaxing and calming, soothing to all skin types, wonderful addition to a massage oil for sore muscles. Effective in soothing inflamed skin.

Cinnamon - Warms and stimulates, strong antiseptic, cleansing effect. Used as a comforting oil during the cold season

Citric Acid - extract from citrus fruit, natural pH adjuster, antioxidant, astringent, toning, preservative

Cocoa Butter - solid fat extracted from the seeds of the cocoa plant, emollient, moisturizing, soothing

Coconut Oil - Emollient, easily absorbed, moisturizing, good for eczema

Comfrey - Herb, soothing, healing, good for aging skin, dry sensitive skin

Cornflower – Rich in vitamins A and D, toner, anti-inflammatory, astringent, healing

Coriander - Sweet-smelling, spicy essence. It makes a good massage blend to relieve stiffness and muscle ache. In the bath it is refreshing and stimulating.

## D

Dandelion - Plant, clears up acne, eczema, skin clarifier

Disodium EDTA - Salt derived stabilizer, viscosity adjuster, preservative

## E

Elder Flowers - Herb, anti-inflammatory, emollient, astringent, antiseptic, good for dry skin

Emollient - An ingredient that softens skin and prevents moisture loss

Essential Oil – Oils that are directly from plants, trees, flowers

Eucalyptus - Fresh and stimulating, antiseptic properties, relieves congestion and muscle aches

Evening Primrose Oil - Flower, anti-inflammatory, emollient

## F

Fragrance - Vegetable based oils, synthetically derived from natural sources, used in products that are not compatible with essential oils

## G

Ginger - Fiery and fortifying. Comforting oil and for massaging on the muscles

Glycerin/Glycerol - from vegetable oil, humectant, long used as a skin beautifier, pulls water from the air and binds it to the skin, a by-product of the soap making process, emollient

Glycerol Stearate - Made from glycerin and stearic acid, which is derived from palm and soy oil, emulsifier, humectant, thickener

Glyceryl Caprylate - Derived from coconut and palm fatty acids and glycerin, moisturizer, natural preservative, emulsifier, humectant

Glyceryl Stearate SE - Made from vegetable oil and vegetable glycerin with the addition of vegetable stearic acid, emulsifier, thickening agent

Glycol Stearate - Vegetable derived, emollient, emulsifier, thickening agent, humectant

Glycolic Acid - From sugar cane, smoothes fine lines on sun damaged skin, helps diminish wrinkles

Grapefruit - Lovely fresh aroma which can help with nervous exhaustion, relieves congested and oily skin, having a toning effect on both skin and tissues, good to use when treating cellulites

Green Tea - Also Camellia Sinensis, antioxidant, can prevent DNA damage to skin, soothing, anti-inflammatory

Gingko Biloba - Plant, revitalizing, stimulating and firming qualities, anti-aging, antioxidant

## H

Hawthorne - Herb, moisturizing, astringent, antioxidant, anti-aging

Hexyl Laurate - A mixture of hexyl alcohol (naturally found in certain fruits and lavender oil) and lauric acid (from coconut oil), skin conditioning agent, emollient

Honey - Humectant, attracts moisture from the air, moisturizing, helps prevent wrinkles

Honeysuckle – Cleanser, purifier, good for inflamed skin, smoothes, softens skin

Horsetail - Herb high in silica, firms skin and promotes healing, in hair products, strengthens the hair shaft, adds shine and elasticity, rich in minerals

Humectant - Ingredient that attracts water from the air to the skin

## I

Iris - Flower extract, used to regulate the moisture content of the skin, stimulating, inspiring, relieves stress and anxiety

Isopropyl Myristate - Derived from vegetable fatty acid from coconut oil, emollient, thickening agent

Isopropyl Palmitate - Palm oil based emollient, moisturizer, thickening agent, anti-static

## J

Jasmine - Used for fragrance, soothes and calms, antiseptic and anti-inflammatory properties, good for dry, sensitive skin, uplifting for stress and general anxiety. Perfect skincare oil, excellent for hot, dry skin.

Joboa Oil - From the seed of the jojoba shrub, similar to the skin's natural oil, nature's most effective moisturizer, healing, excellent scalp treatment, mild for sensitive skin, antioxidant

Juniper - Astringent, antiseptic, and detoxifying properties, it has a clean, mildly penetrating, woody scent

## K

Kaolin - Clay like mineral, absorbant, stimulates circulation to the skin, good for sensitive skin

## L

Lavender - Most versatile of essential oils; relaxing , refreshing, uplifts the spirits, helps to relieve the distress of muscle pain. Calms or stimulates according to your bodies needs.

Lecithin - From soybeans, contains natural phospholipids, moisturizer, emulsifier, antioxidant, emollient, humectant, nourishing for the skin, penetrating agent

Lemon - Fresh, citrus scent, revitalizing and uplifting. Antibacterial and tonic properties, cleanses, refreshes, cools and stimulates.

Lemon Verbena - Herb, good for problem skin, purifying, calming, antiseptic, soothing, uplifting

Lemon Balm – See Melissa

Lemongrass - Aromatic herb, antiseptic, skin balancer, astringent, cleanser, effective for controlling oily skin, toning, refreshing, energizing, uplifting

Lichen - From algae and fungi, natural odor deterrent, antimicrobial

Linden - Plant based emollient, soothing for skin, calming effect

## M

Marigold - Flower, soothes, heals, restores, known for its regenerative properties, antiseptic

Melissa - A popular garden herb known also as 'Lemon Balm' or 'Balm Mint', good for oily hair, skin toner, calming, soothing, skin balancing, detoxifying

## N

Neroli - Soothes, relaxes, uplifts the spirit and helps maintain confidence, excellent skincare oil, perfect for ageing, dry sensitive skin and on scars and stretch marks, relieves tension, stress and anxiety

## O

Olive Leaf - Herb, antioxidant, anti-bacterial, anti-viral

Olive Oil - Moisturizing, softening, very compatible with human skin, stimulates and heals skin, tones and firms

Orange Blossom - Plant, astringent, antiseptic, skin toner, anti-aging, rebalances dry skin, antiseptic, calming

Orchid - Fragrant plant extract, moisturizing, reduces the appearances of fine lines, rich in minerals found naturally in skin, aphrodisiac

## P

Panthenol - Also known as Vitamin B5, a stable form of pantothenic acid, humectant, good for cell regeneration, good for hydration, an emollient in hair products

Panthenyl Hydroxypropyl Steardimonium Chloride - Vitamin B5 conditioner, moisturizing for skin and hair, derived from rice extract

Patchouli - Aromatic oil, cooling, anti-inflammatory, antimicrobial, astringent, useful for scalp and skin conditions, uplifting, balancing, energizing, clarifying

Peach Leaf Extract - Emollient, soothing, enriching, toning, good for normal to dry skin

PEG - 7 - Glyceryl Cocoate, coconut derived emollient, mild cleansing agent, thickening agent

PEG -100 - Coconut derived emulsifier, thickening agent, emollient

PEG -100 Stearate - Combination of natural oils and stearic acid, emollient, emulsifier, moisturizer

PEG -12 -From palm oil, emulsifier, humectant

Peppermint - Energizing oil, helps to relieve fatigue and muscle pain, excellent for refreshing tired head and feet.

Persea Grattissima - Avocado oil, emollient, moisturizing, penetrates the skin easily, regenerative, antibacterial, anti-wrinkle, antioxidant, high levels of essential fatty acids, rich in vitamin D and E, excellent for mature skin

Phenoxyethanol - Derived from coconut oil, food grade preservative, prevents bacterial and microbial contamination, cleansing, antiseptic

Phospholipids EFA - From soy lecithin, moisturizing, EFA stands for essential fatty acids, detangling agent

Polyglycerol - Isostearate - Vegetable oil derived, emollient and thickening agent

Polyquaternium 11 - Cellulose polymer, fixative with antibacterial properties, adds hold and sheen, anti-static, surfactant, preservative, water binding properties, conditioning

Polysorbate 20 - From coconut oil, used as a stabilizer, extremely mild emulsifier, helps hold water soluble and water insoluble ingredients together, also used for its cleansing and foaming properties

Polysorbate 60 - Derived from vegetable fatty acids, condensate of sorbitol with stearic acid, extremely mild emulsifier also used for its foaming and cleaning properties

Polysorbate 80 - Derived from sorbitol which comes from fruit, emulsifier, thickening agent

Preservative - Substance that kills detrimental bacteria, yeast or mold to prevent spoilage

Propolis - Resinous material collected by bees to construct the hive, antibacterial, anti-inflammatory

Propylparaben - Anti-fungal and antimicrobial preservative, derived from benzoic acid, which comes from benzoin tree gum

## R

Rose Petal - Aromatic, soothes, balances, clarifies and refreshes the skin

## S

Safflower Oil - Vegetable oil from safflowers, emollient high in oleic acid, has one of the highest EFA (essential fatty acid) contents of all oils, nourishing, deeply moisturizing

Sage - Antiseptic and astringent properties, soothing, anti-aging, anti-wrinkle, good for aging skin, stimulates circulation, preserves hair color, help prevent hair loss

Sandalwood - This exotic oil lifts the spirits, promotes relaxation and has long used for its sensual properties. Soothing and relaxing during times of tension and stress.

Seasame Oil - Can aide in treatment of psoriasis, eczema, rheumatism, and arthritis.

Shea Butter - From the Karite Tree, moisturizes and retains elasticity of skin, slows skin's cellular degeneration, softens and protects dry, damaged skin

Sodium Bicarbonate - Baking soda, neutralizes acid, making products less irritating, balances pH, absorbs odors

Sodium Borate - Boric acid, naturally occurring alkaline mineral, emulsifier, pH balancer and natural preservative

Sodium Chloride - Salt, astringent and anti-inflammatory, acts as a preservative and stabilizer

Sodium Cocoate- From coconut oil, cleansing agent, sodium salt of coconut oil, saponified coconut oil

Sodium Dehydroacetate - Organic salt used as a broad spectrum preservative

Sodium EDTA - Binding agent, antioxidant, chelating agent that neutralizes trace minerals on hair, reduces buildup, a.k.a.tetrasodium EDTA

Sodium Hydroxide- Highly alkaline ingredient used in small amounts in cosmetics to modulate the pH of a product, used in the saponification process for soaps

Sodium Hydroxymethylglyc - Hair and skin conditioning agent derived from glycine, a naturally occurring amino acid from a plant source, antimicrobial, preservative

Sodium Laureth Sulfate - From coconut oil, surfactant, foaming, cleansing agent

Sodium Lauroyl Sarcosinat - Derived from coconut oil fatty acids and sarcosine (an amino acid), surfactant, foaming, cleansing agent, extremely mild and non-irritating, good for sensitive skin, large molecular structure prevents it from penetrating the skin

Sodium Lauryl Sulfate - Derived from coconut oil, surfactant, foaming, cleansing agent

Sodium Myristate - From vegetable oil, sodium salt of the fatty acid, myristic acid, thickening agent, emulsifier

Sodium Palmate - Sodium salt of palm kernel oil, soap from palm oil when saponified with sodium hydroxide

Sodium PCA - Also known as NaPCA, derived from fruits, grasses and vegetables, occurs naturally in skin, is responsible for binding moisture to cells, PCA stands for pyrrolidone carboxylic acid, humectant and emollient

Sodium Stearate - Sodium salt of stearic acid which is derived from coconut oil, emulsifier

Sorbic Acid - From the mountain ash berry, natural preservative, protects products from mold and fungus

Soybean Oil - Vegetable oil from soybeans with softening properties, emulsifier, antioxidant properties

Spearmint - Refreshing, cooling, gently vitalizing as well as energizing to mind and body.

Squalene - From olive oil, emollient and skin softener, prevents loss of moisture, slows down signs of premature aging

Stearic Acid - Fatty acid naturally occurring in cocoa butter, emulsifying agent used to thicken and stabilize products, emollient, skin softening properties

Stearyl Alcohol - Natural fatty alcohol derived from coconut oil, emollient, thickener, emulsifier, smoothes hair in shampoo and conditioner

## T

Tea Tree - Powerful antiseptic, antifungal and anti-viral, good for acne, cold sores, warts, and burns. Use for vaporizing to kill germs. Useful cleansing agent for skin. Helps combat foot odor and athlete's foot.

Thyme - energizing, stimulating, toning

## V

Vegetable Glycerin - From palm or coconut oil, moisturizing, emollient, emulsifier

Vitamin A - Stimulates the skin cell renewal process, antioxidant

Vitamin A Palmitate - Antioxidant and conditioner that encourages skin elasticity

Vitamin E Acetate - Natural Vitamin E, nourishing, antioxidant added to prevent deterioration of the product

## W

White Tea - Reduces inflammation, antioxidant

White Willowbark - Salix Alba, deodorant, tonic, antiseptic, astringent, contains salicylic acid

Witch Hazel - Plant tightens the skin, soothes inflammation, astringent, cleanses, exfoliates

## X

Xanthan Gum - derived from corn sugar, firming, thickener, emulsifier, stabilizer