

Glycerin Bar Soap Ingredients (Clear) - - **Sorbitol** - Found in ripe berries from mountain ash trees, added for creaminess. **Water, Propylene Glycol** - Derived from glycerol, a natural moisturizing material. **Glycerin** - A humectant, produced naturally during the soap making process. **Sodium Stearate** - A vegetable base natural fatty component of soap. **Sodium Laureth Sulfate** - From coconut oil, a natural cleansing agent. **Sodium Myristate** - Foaming agent from vegetable fatty acids, natural organic acid. **Sodium Laurate** - Cleansing agent derived from coconut oil. **Triethanolamine** - Emulsifier derived from vegetable oil.

Beeswax: Contains the sweet smell of honey. It is truly nature's purest aromatherapy product. Beeswax is the binding ingredient in Balms.

Borage Seed Oil: For more than 1500 years, the blue, star-shaped flowers of the borage plant have been used in elixirs and medicinal teas because of its healing properties. This natural oil is a rich source of gamma linolenic acid and has been known to be used in the treatment of eczema and rheumatoid arthritis and in herbal medicine. This oil is cold pressed from the seeds of the borage plant. Borage oil, or "starflower", as the botanical is known, contains up to 24% Gamma Linolenic Acid (GLA). GLA is an essential fatty acid which the body converts into prostaglandin, a hormone-like substance. Prostaglandin is reported to offer anti-inflammatory properties. In many studies it has been found that a deficiency in GLA attributes to poor skin condition, especially psoriasis and eczema.

Numerous studies have been conducted with borage oil, which ultimately demonstrate the oil's high-level efficacy when used either orally or topically. In the early 1980s, GLA, an essential fatty acid that promotes healthy skin, was identified as a triacylglycerol component in Borage Oil. Borage Oil is the richest source of GLA currently available.

Cocoa Butter: A great emollient that is used to add elasticity and a soothing sensation to the skin.

Emu Oil (Cosmetic Grade): Emu Oil is a an important natural oil for anyone that is health conscious. Emu Oil has natural anti-inflammatory and healing properties and contains a wide range of omega oils that have been shown to support good health. Emu Oil may also benefit the conditions of acne, psoriasis, minor burns, minor wound care, diabetes, arthritis, sports injuries, lyme disease, neuropathy, carpal tunnel syndrome, attention deficit disorder, and minor pains.

Emu Oil is considered a complete source of essential fatty acids. Essential Fatty Acids (EFA's) must be obtain through a healthy diet and similar to vitamins and minerals, essential fatty acids are critical to the body's health and functions. Emu oil contains the essential omega 3,6,9 fatty acids making it a powerful skin moisturizer with strong anti-inflammatory and anti-aging properties.

Some additional benefits of Emu Oil are outlined below:

~ Super-Oxygenation - Emu oil helps enhance the blood supply to the applied area thus improving circulation. Increased circulation helps reduce healing time for wounds. Emu Oil is ideal for direct application to the skin and may be combined with skin creams,

salves, lotion, and a wide variety of Bath & Body Products.

~ Anti-Bacterial & Anti-Fungal - Emu oil has shown to have antibacterial and antifungal properties that support the natural healing process.

~ Hypoallergenic - Emu Oil is ideal for people with allergies and skin conditions that require special care and are susceptible to allergic reactions.

~ Non-comedogenic - Emu Oil will not clog skin pores.

Evening Primrose Oil: Evening Primrose Oil is good as a natural source of the essential fatty acid, Gamma Linolenic Acid, which is needed by the body. Essential fatty acids are critical in the production of prostaglandins. In the body prostaglandins help regulate fat metabolism, inflammatory response, hormones, as well as the cardiovascular, immune and central nervous systems. Modern diets and lifestyles may block the conversion of the essential fatty acid LA into GLA. Evening Primrose Oil is especially helpful in treating premenstrual syndrome (PMS), menstrual cycle irregularities, menopause, and endometriosis. It is used to promote smooth skin and to treat atopic eczema. It is also used in the treatment of arthritis, particularly rheumatoid arthritis, and to improve proper joint function. It is also useful in the treatment of diabetic neuropathy, Mastalgia (breast pain), prostatic hypertrophy, gastrointestinal disorders, viral infections, Alzheimer's, cardiovascular disease, and hypertension.

Ginger (Essential Oil): Spicy, woody, warm, with a hint of lemon. It is antiseptic, analgesic, expectorant, laxative, and aphrodisiac. Aids memory, cheers one up. Eases sore throats. Settles the digestive system, effective against nausea, hangovers, jet lag, sea and travel sickness. Relieves cramps, rheumatic pains and muscle spasms. A valuable remedy in cases of impotence.

Goats Milk: Goats milk contains caprylic acid which aids the skin's mantle in shedding dead skin cells. Goatsmilk helps to balance pH levels and is rich in Vitamin E.

Grapeseed Oil: Grape Seed extract is derived from the small seeds of red grapes of the same sort used to make wine. The Grape Seed extract is rich in flavonoids; phytochemicals which have antioxidant properties. Antioxidants are believed to safeguard cells against the ravages of unstable oxygen molecules called free radicals, and prevent numerous ailments. Commonly known as PCOs (procyanidolic oligomers), they are the most valuable flavonoid in Grape Seed extract. Besides their antioxidant powers, PCOs are thought to improve blood circulation and help strengthen blood vessels, which is particularly beneficial to those suffering from heart disease and cancer. Pycnogenol (pik-NODGE-en-all) is an alternative source of PCO. Experts have compared the health benefits with those of Grape Seed Extract, and many research studies examining the therapeutic effects of PCOs have found it to be helpful, and in some cases more useful than Grape Seed extract; however, it is more expensive. PCO-containing drugs are prescribed for various vascular (vessel) disorders that are likely to benefit from increased blood flow, such as diabetes, leg cramps, varicose veins, arm and leg numbness or tingling and even impotence. The effects of improved circulation has been shown to be beneficial for those with macular degeneration and cataracts, and can reduce eye strain. Grape Seed extract can also block the release of the pain and

inflammation causing chemical, prostaglandins, in those with endometriosis. It also acts as a natural antihistamine to control the sneezing and congestion associated with allergic reactions. The antioxidant power of Grape Seed extract helps protect muscle cells from damage associated with fibromyalgia. It is also used as an ingredient in facial creams to help maintain skin elasticity.

Jojoba Oil: Another essential component commonly used in luxury body care products is jojoba oil (pronounced ho-HO-bah), a pure liquid ester (not a true oil) extracted from the seeds of the native North American perennial woody shrub (*Simmondsia chinensis*). Because, jojoba "oil" is a natural mimic of the oil secreted by human skin, it can be used to protect and lubricate skin and hair.

Today Jojoba oil has many uses in a wide variety of industries. It is an effective cleanser, conditioner, moisturizer, and softener for the skin and hair. When applied directly to the skin it softens the skin, reduces wrinkles and stretch marks, lightens and helps heal scars, and promotes healthy scalp and hair. Jojoba oil replicates sebum, which is secreted by human sebaceous glands to lubricate and protect the skin and hair. During the aging process, sebum production decreases. Pollutants or environmental stresses also cause a reduction in sebum. Using Jojoba oil can condition hair and prevent it from becoming brittle and dull. If there is too much sebum buildup on the scalp, Jojoba oil can dissolve it. Jojoba oil can also remove sticky buildup on hair from hair products. On skin, it forms a lipid layer acting as a moisturizer, as well as penetrating and being absorbed by the outer layer of skin. Jojoba oil can be used to treat acne, cold sores, and skin diseases such as eczema and psoriasis.

Lavender (Essential Oil): is analgesic, antidepressant, antirheumatic, antiseptic, antispasmodic, antiviral, bactericide, cicatrizing, decongestant, deodorant, diuretic, fungicide, sedative. Soothes the spirit, relieves anger, valuable in manic-depressive cases. Has a sedative action on the heart, assists in bringing down high blood pressure, relieves insomnia, relieves muscular spasms and rheumatic pains. Useful with menstrual problems. Clears the spleen and the liver. May be useful in nausea, vomiting and colic. Keeps insects at bay. Purifies the air. Promotes growth of new skin cells, great healing effect on burns and sunburn, acne, psoriasis, boils, fungal growths, and scarring.

Mango Butter: Mango butter from de-shelled fruit kernels has emollient and regenerative properties, and is highly oxidative. It also protects against UV radiation. Great source of essential fatty acids.

Marjoram (Essential Oil): is non-toxic, non-irritant and non-sensitizing but should not be used during pregnancy. The therapeutic properties of marjoram oil are analgesic, anti-spasmodic, anaphrodisiac, antiseptic, antiviral, bactericidal, carminative, cephalic, cordial, diaphoretic, digestive, diuretic, emmenagogue, expectorant, fungicidal, hypotensive, laxative, nervine, sedative, stomachic, vasodilator and vulnerary. Marjoram oil has a warming action and calms emotions, relieves anxiety as well as stress and helps to calm hyperactive people. It has good muscle relaxant properties and the pain killing properties are useful for rheumatic pains as well as sprains, strains

and spasms, as well as swollen joints and painful muscles.

It soothes the digestive system and helps with cramps, indigestion, constipation and flatulence and has a beneficial action on colds, sinusitis, bronchitis and asthma.

As a general relaxant, marjoram oil is used for headaches, migraines and insomnia and although it can diminish sexual desire, it is great for treating delayed, painful or scanty monthly periods as well as menstrual cramps.

Marjoram oil can be beneficial in cases of nervous tension, respiratory congestion, painful muscles and joints, digestive problems and menstrual disorders.

Peppermint (Essential Oil): Cooling to the skin. Aromatic Description: Minty, reminiscent of peppermint candies, but more concentrated. More fragrant than spearmint. Possible Uses: Asthma, colic, exhaustion, fever, flatulence, headache, nausea, scabies, sinusitis, vertigo.

Rosehip Seed Oil - widely recognized as an effective skin and beauty care agent. This oil has been used to successfully treat a long list of skin related conditions, including: **age spots, wrinkles and premature aging, sun damage, scars from acne, burns, and surgery, eczema, psoriasis, dermatitis, hyper-pigmentation, brittle nails, and even dry and damaged hair.** Rosehip seed oil was shown to have significant, noticeable effects in regenerating the skin, reducing wrinkles and scars, and helping the skin to regain its natural color and tone.

Excellent source of natural vitamin E and A, or 'trans-retinoic acid'. Retinoic acid, the acid derivative of vitamin A, is the active ingredient found in Retin-A or Tretinoin.

Besides its regenerative properties, rosehip seed oil is also an excellent moisturizer. This is most likely due to its high essential fatty acid content (fatty acids that the body cannot produce itself), which are necessary for healthy skin. The oil penetrates the upper layers of the skin quickly and, being known as a 'dry' moisturizer, does not leave the skin feeling greasy or oily.

As for daily use of rosehip seed oil, it is considered extremely gentle and can be applied undiluted to the skin. It may also be blended with other oils like jojoba and sweet almond, and will still have wonderful effects at 10% of the total concentration.

Rosemary (Essential Oil): It has a strong, clean mint aroma. It is used for its antidepressant, antiseptic, digestive, stimulant and tonic properties. Possible Uses: Aching muscles, arthritis, dandruff, dull skin, exhaustion, gout, hair care, muscle cramping, neuralgia, poor circulation, rheumatism.

Shea Butter: Shea Butter is a product of the oil extracted from the Karite Nut tree (also known as the Mangifolia tree) found in the savannahs of central Africa. Shea butter contains vitamins A and E, and cinnamic acid. Cinnamic acid provides protection against ultraviolet rays. Using Shea Butter cream daily can reduce sun exposure to the face and body, and offer a natural barrier of protection against smoke, smog and other environmental pollutants in the air, which all contribute to aging skin. Shea Butter can

help prevent sun allergies and promote cell regeneration and capillary circulation. It also has been shown to have anti-inflammatory capabilities. For thousands of years, Shea Butter has been used for a multitude of skin ailments including dermatitis, cracks, crevices, eczema, rashes, severely dry skin, psoriasis, and skin ulcers. It also works well as a balm for minor burns, muscle aches, and rheumatism. Shea Butter also helps wounds heal more quickly, lessen the effects of scars, and daily use can help prevent stretch marks. Massage therapists prefer Shea Butter when giving massages because of its non-greasy feel and emollient properties.

Soy Wax (Glycine Soja) A solid wax made of hydrogenated soybean oil. From the seeds of the soybean plant, soybean oil is a protein-rich emollient, high in essential fatty acids necessary for beautiful skin. This wax is a vegan alternative to beeswax. As you caress your body with our products, you will gain the benefits of the soy antioxidant properties, the great moisturization and the barrier protection against harsh environmental and chemical conditions. Soy also has long lasting and natural healing benefits that promote healthy glowing skin.

Sweet Orange (Essential Oil): Possible Uses: Colds, constipation, dull skin, flatulence, flu, gums, mouth, slow digestion, stress.

Tea Tree (Essential Oil): The oil is distilled from the leaves of the plant. Tea tree contains four substances that do not occur anywhere else in nature. Next to thyme, it is the most antiseptic of all oils. It is safer to use, and unlike thyme, can be used undiluted (to great effect). The presence of infection increases the effectiveness of the action of tea tree. It is currently being used in trials on a number of different conditions, including Aids, with promising results. Tea tree is a strong disinfectant (stronger than many chemicals), anti-viral, anti-fungal, anti-bacterial, antiseptic. Possible Uses: Acne, athlete's foot, candida, chicken pox, cold sores, colds, corns, cuts, flu, insect bites, itching, migraine, oily skin, ringworm, sinusitis, sores, spots, urethritis, warts, whooping cough.

Vitamin E (Natural): Nature's perfect antioxidant. Used as both a preservative for butters and for its wonderful skin healing properties.