

Plenish provides this information as an educational service. Some of the ingredients listed are known to cause beneficial structural changes to the condition of the skin. However, these statements have Not been evaluated by the Food & Drug Administration.

Aloe Vera: soothing & moisturizing; antiviral and antibacterial properties; heals burned & chapped skin. One of the oldest medicinal plants known to man. Used by ancient Egyptians and Native Americans, it has remarkable healing abilities. It draws and holds oxygen to the skin. An effective cellular renewal ingredient. Has a composition similar to human blood plasma and seawater and a pH the same as human skin.

Antioxidants: Scientists researching antioxidants believe that these free radical scavengers are most potent in a blend. One antioxidant alone is not as potent as the synergy of several. The skin damage produced by overexposure to sun rays and environmental stress is related to the destructive activity of free oxygen related radicals produced by skin cells.

Arnica: Especially effective in the treatment of bruises and sore muscles. Shortens the duration of bruises and relieves pain. Not to be used on broken skin.

Balsam of Peru: Imparts a very rich, vanilla-like fragrance. Promotes healthy growth of skin. A healing agent, It is antiseptic, deodorizing and anti-inflammatory. Can be used for chapped skin, redness, and itching.

Beeswax: anti-inflammatory, anti-allergenic, anti-oxidant, anti-bactericidal, germicidal, & skin softening. Emulsifier. Helps lock in skins own natural moisture, and creates a protective, long lasting barrier against elements as opposed to petroleum waxes, which strip skin of it's natural moisture. **Organic** Beeswax production helps maintain the Earth's population of healthy bee species which are threatened by pollution. Healthy pollinating bees are vital to the survival of all species.

Benzoin: natural tree resin, antioxidant, anti-inflammatory, antiseptic, preservative and scent fixative. Aromatherapy: relieves depression, nervous conditions, irritability, stress.

Borage Oil: Borage oil is an essential fatty acid, containing a high content of gamma linoleic acid. It increases ceramides in the skin by five times during one week of use. Borage oil also boost the skins natural barrier functions.

Butchersbroom: strengthening, astringent and anti-inflammatory. Delivers supportive benefits to the delicate area around the eyes especially with regard to aging,. Eliminates toxins, water retention and swelling. Has excellent toning and conditioning properties.

Calendula: extracted from the marigold flower it balances the skin and reduces irritation. Very similar to aloe vera in its benefits.

Camellia Oil: antioxidant and skin brightener; a deeply penetrating light oil which gives skin a beautiful texture and glow; prevents wrinkles, spots, freckles, and acne.

Camphor: anesthetic, anti-inflammatory, antiseptic, astringent. Cooling. Stimulates blood circulation and refreshes the skin.

Canola Oil: emollient and humectant; superior moisturizer & skin conditioner; a light oil which is easily absorbed by the skin, carrying other beneficial ingredients with it into the skin.

Cardamom: antiseptic; a member of the ginger family. Aromatherapy: warming, head clearing, & stimulating; reputed aphrodisiac; good protection against mental fatigue & nervous exhaustion; fortifying, stabilizing, & balancing. warm, sweet-spicy scent with a woody-balsamic undertone. Blends well with neroli, rose and oriental blends. Use for stress. Antiseptic, aphrodisiac, stimulant.

Carmine: Natural pigment used in cosmetics. Derived from the exo-skeleton of the Cochineal beetle; carmine is a historic dye used by the Navajo and other native peoples around the world. Beautiful rich red colorant.

Castor Oil: Humectant & skin conditioning; creates a protective barrier against the elements. Excellent stability and dispersion characteristics.

Chamomile: emollient, anti-inflammatory, skin soothing botanical. antioxidant. excellent skin soother. Reputed to bring down swelling and pain in the skin and mucous membranes. Also calms eczema and allergic reactions. one of the oldest remedies in existence.

Cinnamon: superior antioxidant; among the most antiseptic essential oils.

Clove: superior antioxidant. Clove is the highest-scoring single ingredient ever tested for its antioxidant capacity.

Cocoa Butter: moisturizes and conditions the skin. provides a barrier between your skin and the elements and helps retain the skins natural moisture.

Coconut Oil: deeply penetrating moisturizer and anti-oxidant. skin moisturizing delivery system; carries the benefits of other ingredients into the skin. Good for dry, itchy, sensitive skin; doesn't clog pores.

Comfrey (AKA Allantoin): helps heal cuts and burns, very like aloe in it's properties. It accelerates cell regeneration and helps heal wounds.

Cucumber Extract: soothing, cooling and rich in beneficial minerals and amino acids. It moisturizes, smoothes, and softens the skin.

Echinacea Purpurea: promotes healing of wounds, increases the body's immune system and is an anti-microbial.

Elderflower: excellent stimulating and antiseptic qualities. Elderflower has long been used to promote a fair and clear complexion. Elderflower is suitable for all skin types. It softens skin and has a reputation for smoothing wrinkles, fading freckles and soothing sunburn.

Eucalyptus Globulus: antioxidant, antiseptic

Flower Essences: Rescue Remedy is a blend of five flower essences: Cherry Plum, Clematis, Impatiens, Rock Rose, and Star of Bethlehem. This historic blend was created by Dr. Edward Bach in the 1930s to quickly alleviate fear and stress, or any situation which causes us to lose our center. Rescue Remedy helps to restore emotional balance and harmony so that we can calmly deal with any situation. Homeopathic amounts of flower essences can be added to your products to increase their benefits.

Frankincense: a holy anointing oil in the Middle East and has been used in religious ceremonies for thousands of years. High in sesquiterpenes, it is stimulating and elevating to the mind and helps in overcoming stress and despair as well as supporting the immunesystem. Blends well with neroli and sandalwood, among others. Good for blemishes, dry and mature skin, scars, wounds and wrinkles. Focusing for meditation. Anti-inflammatory, antiseptic.

Geranium: gentle anti-fungal.

Aromatherapy properties: imparts a calm strength and relaxes the nerves.

Ginger: antioxidant, antiseptic, antibacterial; digestive stimulant; remarkable antinausea properties.

Aromatherapy: warming & stimulating; activates will power, stimulates initiative, and restores determination; boosts confidence & morale; a reputed aphrodisiac; good protection against mental fatigue & nervous exhaustion. Used in Asian medicine for 2,500 years.

Ginkgo Biloba: revitalizing, stimulating, and firming to the skin. A powerful antioxidant that has detoxifying qualities. Found to improve circulation by helping increase healthy blood flow to skin. Known for its anti-aging properties. Sacred Chinese tree.

Ginseng: ancient whole body tonic. Ginseng contains several compounds with anti-oxidant effects. When applied to the skin, Ginseng has been shown to enhance the cellular function of skin cells and stimulate skin cell regeneration. It is useful in combating wrinkles and the visible signs of aging.

Gotu Kola: revitalizes nerves and promotes healthy blood vessels. Applied externally helps to heal burns, wounds, and various skin irritations. Gotu Kola, called Brahmi in Ayurveda, meaning "the Goddess of Supreme Wisdom", has helped spiritual seekers find wisdom for millennia. Purifying and deeply balancing to Prana, the mind and to awareness. High in tri-terpenes which enhance the formation of collagen in connective tissue.

Grape Seed Oil: quickly penetrates the skin; powerful antioxidant; rich in flavonoids; inhibits allergic reactions; skin cancer deterrent; protects skin's own collagen, elastin, & hyalauronic acid.

Green Tea: a potent anti-oxidant green tea is also an anti-irritant and very soothing to the skin. Extremely rich in polyphenols which have been repeatedly proven to provide protection against skin damage due to the sun and other causes. Polyphenols have powerful cell DNA protection properties. The polyphenols in green tea have been shown to lessen the risk of cancers and stimulate the production of several immune system cells. In addition, green tea has been shown to provide protection from bacteria and even viruses on the skin.

Helichrysum (Everlasting): antioxidant, has been studied in Europe for regenerating tissue. It supports healthy skin, nerves, and circulation.

Honey: a natural humectant, which means it attracts and retains moisture. Honey also has significant antioxidant properties which play a role in protecting the skin from the damage of UV rays.

Horse Chestnut: Horse Chestnut Extract (HCE): exerts several beneficial effects on the circulatory system. HCE is a veinotonic (tonifies the veins) and helps reduce fluid accumulation in the tissues. HCE also helps protect blood vessels from damaging free radicals. Promotes circulation. Toning and astringent. Reduces permeability of capillaries helping with fragile and broken ones.

Horsetail: soothing, cooling, & astringent. Horsetail helps improve circulation; Horsetail has been used a long time in both Chinese and European herbology to treat external wounds.

Iron Oxides: Natural pigments used in cosmetics. Ancient colorants mined from the earth.

Ivy: Stimulates circulation and prevents water accumulation in the skin tissue giving skin a more toned, smoother appearance. Also improves micro-circulation and is beneficial as a vessel constrictor.

Jasmine: one of the most precious essential oils. Jasmine is intoxicating and euphoric; it acts as an antidepressant and a relaxant. It is used externally to soothe dry or sensitive skin, though it is beneficial for all skin types. Jasmine petals are harvested before dawn when they are at their most fragrant. Analgesic, antidepressant, anti-inflammatory, antiseptic, aphrodisiac. Uplifting and good for general skin care. Inspirational and mood lifting.

Juniper: antioxidant, anti-inflammatory, antiseptic, antiviral. inhibits a number of viruses including flu and the herpes virus, used externally as a skin soother.

Lemon: is rich in the powerful antioxidant d-limonene. It also works as a mild disinfectant. has a refreshing, uplifting aroma. stimulates the immune system and stimulates circulation.

Lemongrass: traditionally used for purification and to aid digestion. topically applied lemongrass is powerfully antioxidant, antimicrobial, antiseptic and bactericidal.

Lime: antiseptic, disinfectant, and astringent. Aromatherapy: refreshing and uplifting. helps to ease congested breathing. very effective against acne.

Jobba Oil: a "liquid wax" that is very similar to the natural oil our skin produces. moisturizing, healing, and beneficial for all skin types; it is an excellent scalp treatment. Contains a natural source of Vitamin E, regenerates tired skin, regulates the outer protective layer and stimulates re-growth of skin cells. Jojoba oil makes the skin soft and prolongs youthful and supple appearance. It firms skin and helps prevent wrinkles.

Kokum Butter: helps regenerate skin cells and supports skin elasticity and general flexibility of the skin wall. It has been used traditionally in India to soften skin and restore elasticity. Kokum butter is rich in essential fatty acids (EFAs) which aid in cell oxygenation and make vitamins & minerals more available to tissues.

Lavender: antioxidant. balances and tones all skin types. anti-bacterial, anti-itch, and skin soothing. Helps to balance the skin and reduces scarring by stimulating the growth of healthy new cells. Its fragrance promotes emotional balance.

L-lysine: An essential amino acid; anti-viral; effective in treating cold sores, imparts a silky texture. Derived from molasses.

Mango Butter: superior moisturizing benefits. High in essential fatty acids. solid that melts on contact with skin temperature.

Melissa: High in Natural phenols. Antiseptic & antiviral. Soothes and heals insect bites, stings, and other sites of skin inflammation. Clinical trials indicate that substances in melissa's volatile oils make this herb a promising remedy for treating and preventing cold sores (herpes simplex type 1 virus).

Menthol: has a cooling and soothing effect on the skin. Excellent topical analgesic.

Mica: Natural silicate mineral approved for cosmetic use, including the eye area. Mica is iridescent and reflective, imparting shimmer to product appearance.

Myrrh: an ancient precious oil very beneficial to wrinkled, dry, or chapped skin. It has one of the highest levels of sesquiterpenes, a class of compounds that has direct effects on the hypothalamus, pituitary, and amygdala, the seat of our emotions.

Neroli: a light, sweet floral scent that blends well with most oils, notably jasmine and rose. It is particularly beneficial for dry, mature skins, and in the treatments of sensitive, irritated skins.

Antidepressant, antiseptic, aphrodisiac, bactericidal, fungicidal. Use for anxiety, depression, insomnia, nervousness, scars, stretch marks, mature and sensitive skin, poor circulation, stress and wrinkles. Good for emotional well being and spiritual rejuvenation. Neroli is a soothing oil, renowned for slowing and calming the mind. It can be effective in the treatment of hysteria, anxiety and depressions.

Oats (Avena Sativa): soothing and calming to irritated itchy skin.

Olive Butter: derived from Mediterranean olive oil. moisturizing and high in EFAs. very similar texture to Shea Butter.

Olive Oil: Anti-oxidant. High in polyphenols which have the highest activity as free radical scavengers. (see **Green Tea** for more about polyphenols).

Orange: antioxidant. uplifting to mind and body.

Oregano: a significant antioxidant. anti-inflammatory

Passionflower Oil: sustainably harvested in the Amazon. A beautiful light oil soothing and moisturizing to the skin. antioxidant.

Patchouli: anti-inflammatory. valuable in skin care, as it is said to be a cellular regenerator that will aid in the rehydration and rejuvenation of dry or mature skin.

Pink Grapefruit: antiseptic; bactericidal. rich in the powerful antioxidant d-limonene. It also works as a mild disinfectant. has a refreshing, uplifting aroma. Aromatherapy: good for depression & nervous exhaustion; eases tension, moodiness, irritability, & frustration; refreshing, clarifying, & cleansing; purifies & lightens the spirit.

Propolis: a natural antibiotic that can support and strengthen the body's immune system, and acts as a natural antioxidant. Nature's premier disinfectant: antibacterial, antimicrobial, antiviral, antifungal. Propolis can be used on cuts or wounds to kill bacteria and prevent infection.

Rock Rose (aka Labdanum & Cistus): anti-bacterial, astringent, and especially beneficial for wound care. Aromatherapy properties: calms the nervous system. **Rose Hips:** antioxidant high in Vitamin C.

Rosa Mosqueta Oil: anti-inflammatory. Contains linolenic acid and a form of vitamin A which helps slow skin's aging. Smooths fine lines and wrinkles; has been used to treat skin pigmentation disorders, scars and sunburn. The oil has long been used for healing and skin care. Extracted from the seed of a South American wild rose.

Rose: Soothes, relaxes and tones. Excellent for skin care. Rejuvenates aging skin. Analgesic, antidepressant, anti-inflammatory, antiseptic, antiviral, aphrodisiac, bactericidal. Has the highest frequency of any essential oil at 320 MHz. Intoxicating fragrance which helps bring balance and harmony. It is stimulating and elevating to the mind, creating a sense of well-being.

Rosemary: A powerful antioxidant, rosemary is also antibacterial, antifungal, and antiviral. Rosemary It promotes circulation and stimulates: it accelerates the healing process of the skin disorders or wounds.

Royal Jelly: Skin conditioning, nourishing & antibiotic. Royal Jelly is rich in B complex vitamins, and contains minerals and amino acids, minerals, enzymes, vitamins A, C, E, & B12.

Sandalwood: antioxidant. an ancient precious oil traditionally used in yoga and meditation practices as well to revitalize skin. Recent European research has shown sandalwood's ability to oxygenate the pineal gland which is responsible for releasing melatonin, a powerful hormone that enhances deep sleep.

Sea Buckthorn: This oil is especially rich in vitamins and contains additional flavonoids, phytosterins, mineral substances and trace elements. According to the latest scientific findings, its vitamin A,C,E complex creates a unique repair system for the skin.

Sea Kelp (Laminaria Digitata): Marine algae with a high amino acid and mineral content. Humectant. Remineralizes and firms skin. Antioxidant and anti-inflammatory. Supports cellular regeneration. Contains vitamin A, E, C and B, iodine, mineral elements, magnesium, trace elements and amino acids. It is an animate fibroblast, which is responsible for collagen production. Laminaria Algae stimulates the use of oxygen in the cells. It strengthens veins and helps relieve water retention.

Shea Butter: anti-oxidant, moisturizing; healing to wounds and burns; emollient, soothing. Treats dry skin, blemishes, skin discoloration, scars and wrinkles, acts as a natural sun screen and helps the skin retain elasticity.

Soy Lecithin: antioxidant; anti-inflammatory. natural moisturizing agent, rich in vitamin F, penetrates into skin, keeping it soft and supple. a natural emulsifier, anti-oxidant and emollient; high in B vitamins.

Spearmint: antioxidant. helps support the respiratory and nervous systems. helps to open and release emotional blocks and bring about a feeling of balance.

Stevia Leaf Extract: bactericidal. reputed herbal cold-sore remedy. The leaves have a delicious and refreshing taste that can be 30 times sweeter than sugar yet does not promote tooth decay. The leaf also contains proteins, high levels of chromium, iron, phosphorus, calcium, potassium, sodium, magnesium, zinc, rutin (a flavonoid), true vitamin A, and Vitamin C. The FDA does not recognize stevia as a sweetener; it is in your product for its antibacterial qualities.

Sunscreens: Active ingredients useful in the prevention of sunburns as well as in reducing the long term damage that sun exposure can cause (skin cancer and wrinkles). Sunscreens come with a number called the sun protection factor, or SPF. SPF numbers indicate the length of time one can spend in the sun without risk of burning. When using a SPF 15 sunscreen, a fair-skinned person who normally sunburns in 20 minutes of midday sun exposure may tolerate 15 times 20 minutes = 300 minutes = 5 hours without burning. Generally, sunscreens with very high SPF values depend mainly on chemical UV-absorbing agents, which may be irritating. Physical sunscreens permit usage of much less chemicals and are therefore much safer. It is also better and safer to use a lower SPF (15) product and apply it more often, than to apply a high SPF (30 plus) product. Sunscreen is particularly important for children, as 85% of all sun exposure occurs before the age of 18. Regular use of sunscreens from childhood on prevents premature ageing of the skin and reduces the risk of skin cancer in adult life.

Industry preferred sunscreens:

Octinoxate: UVB protection: anti-skin cancer

Benzophenone 3: UVA &UVB protection: anti-skin cancer & anti-aging

Parsol 1789 (Avobenzon): blocks UVA rays. helps prevent photo-damage & premature aging.

Titanium Dioxide: Micro Titanium Dioxide (TiO₂); a naturally occurring compound which is mined. The "natural" choice for a physical sunblock because it is more cosmetically pleasing than zinc oxide. It performs as both a UVA and UVB protectant (protects against skin cancer and wrinkling due to sun exposure). It is also used for cosmetic reasons. TiO₂ imparts a sheen to the lips and gives body, texture, and color to the product.

Sunflower Oil: a light oil which is high in linoleic acid, Vitamins A, B complex, D, and E, as well as calcium, zinc, potassium, iron, and phosphorus. Externally, it is used for bruises, dermatitis, and ulcers.

Sweet Marjoram: calming, soothing, anti-bacterial, insect repelling.

Aromatherapy properties: relaxing, warming, and comforting.

Tangerine: a calming essential oil. It helps with anxiety and nervousness. Tangerine is rich in the powerful antioxidant d-limonene.

Tea Tree Oil: has a strong regulating effect on the biological functions of the skin. fights bacteria and fungi and counteracts itching. Tea Tree Oil is an astringent, revitalizing and stimulating.

Thyme Linalol: antioxidant, antibacterial, antifungal, antiseptic, it is one of the strongest anti-oxidants known. Aromatherapy properties: strengthens the spirit.

Tocopherol (Natural Vitamin E): Made from vegetable sources, Vitamin E is a major anti-oxidant nutrient that retards cellular aging due to oxidation. It repairs & prevents damage to the skin. Is excellent for cuts & scars. One of nature's most dynamic moisturizers. Aids cellular renewal. Healing, improves skin elasticity, firmness and tone. Also has natural preservative benefits.

Tulsi: In Ayurveda "Holy Basil". purifying heart tonic. Provides significant antioxidant and free radical scavenging protection. Reduces the cell and tissue damage caused by the sun, TV, computers, X-rays, radiation therapy, high altitude air travel, etc. antibacterial, antiviral and antifungal.

Vitamin K: very helpfull in alleviating dark circles under eyes and is especially effective in the treatment of bruises.

Wheatgerm Oil: skin conditioning & nourishing. A valuable source of Vitamin E, antioxidant. It helps relieve dermatitis symptoms, promotes skin cell formation, and improves blood circulation. Prevents and reduces scarring and speeds healing of cuts and wounds. Contains EFAs & natural anti-oxidants. It is able to penetrate skin deeply to aid in repairing skin damaged by UV exposure.