

Natural Cosmetics - Ingredient Library

A

Algae extract: (from sea plants) mineral-rich, nourishes, softens, helps skin retain moisture
Aloe Vera: (from leaves of the aloe plant) moisturizes, conditions, softens, soothes
Althea: (herb - althea officinalis marshmallow) soothes inflammation and irritation
Ammonium Lauryl Sulfate: (derived from natural coconut alcohols). A mild cleanser
Angelica: (herb - angelica archangelica) smoothes & softens
Apricot kernel oil: (from apricot kernels) smoothes, softens, & protects
Arnica: (arnica montana) calms skin inflammation, reduces swelling and bruising, soothes sore muscles and joints
Ascorbic Acid: Vitamin C. Acid occurring naturally in many fruits. Used as an AHA
Avena Sativa: (oat fruit, leaf and stem) soothing for skin inflammation and itching, nourishes
Avocado oil: (from avocado fruit) nourishes, smoothes, & softens
Azulene: natural color derived from chamomile

B

Balm mint: (herb) soothing and calming
Beta carotene: (pro-vitamin A from carrots) rejuvenates
Biotin: (vitamin B7) adds body & shine
Birch leaf: (herb) conditioning & toning
Borage oil: (from borage seed) regenerates, rich in essential fatty acids

C

Calendula: (herb) soothes & softens
Candelilla Wax: Used in lipsticks and lip balms to add body, also used for its low melting point
Caprylic/Capric Triglyceride: (from coconut oil) an emulsifier and emollient
Carbomer: (derived from polymers and organic acids) thickens, emulsifies
Cetyl alcohol: (from coconut) emollient and emulsifier
Chamomile: (herb) soothing & regenerating
Citric acid: pH adjuster, to exfoliate, refine and clear skin
Citronella: insect repellent
Clary sage: (herb) rejuvenating & soothing
Cocoa butter: emollient
Cocamidopropyl betaine: (from coconut) mild, effective cleanser from coconut and palm oils, gently cleans without stripping away natural oils
Cocomide DEA: (from coconut and palm oils) gentle, effective cleansers that clean without stripping away natural oils
Coconut Oil: emollient, use in soaps to produce foaming/lathering action.
Coltsfoot: (herb) soothing, softening
Corn flour: (finely milled corn) adds texture
Cucumber extract: tones, softens, moisturizes & cleans

E

Elderflower: (herb) cleansing & soothing

Eucalyptus: antiseptic, antibacterial

Evening primrose oil: (from the evening primrose plant) conditions, protects, nourishes, rich in essential fatty acids

F

FDA: The Food & Drug Administration. The federal agency responsible for regulating the safety of all foods, drugs, and cosmetics sold in the US

G

Geranium extract: (plant) balancing & rejuvenating

Ginkgo Biloba extract: anti-oxidant, protects from free-radical damage, anti-inflammatory, increases circulation, regenerates

Ginseng: (herb root) invigorating, tones & rejuvenates

Glycerin (Vegetable): (derived from vegetable oils) humectant = attracts & holds moisture, an emulsifier

Glycerin (Vegetable): Same as glycerin, spelling preference no 'e', per CTFA

Glyceryl cocoate: (derived from coconut oil) gentle cleanser & emulsifier

Glyceryl stearate: (from vegetable fatty acids) soothes & softens, emulsifier

Glycolic Acid: (fermented vegetables), to exfoliate, refine and clear skin

Glycol stearate: (derived from vegetable oils) humectant, emollient

Grape seed extract: anti-oxidant, protects from free-radical damage

Green tea extract: anti-oxidant, protects from free-radical damage, anti-inflammatory

H

Honeysuckle: (herb) smoothes & softens, contains beta hydroxy acids

Hydroxyethyl Ethylcellulose: A naturally derived polymer that is used as a thickener in creams and lotions.

Hydroxypropyl Methylcellulose: (glycine amino acid)

I

Isopropyl Palmitate: emulsifier & texturizer derived from Palm oil

J

Jasmine: (plant extract and essential oil) soothing & moisturizing

Jojoba oil: (from bean of desert plant) soothes, moisturizes, & softens

Juniper: (plant extract and essential oil) cleansing & stimulating

K

Kaolin: (fine, natural clay) deep cleanses and purifies

Kelp extract: (from sea plants) mineral-rich, nourishes, softens, helps skin retain moisture

Kukui nut oil: (from tropical kukui nut) soothes & softens skin, rich in essential fatty acids

L

Lactic Acid: (fermented milk), to exfoliate, refine and clear skin

Lauramide DEA: coconut-derived softener and foaming agent, surfactant

Lauryl Alcohol: (derived from coconut oil): surfactant

Lavender: (plant extract and essential oil) cleansing, balancing, soothing and healing

Lemon balm: (herb - melissa officinalis) cleanses & soothes

Lemongrass: (plant extract and essential oil) refreshing & antiseptic

Linoleic Acid: Essential fatty acid, used as an skin conditioning agent

M

Macadamia nut oil: nurtures, protects, soothes

Malic Acid: (apples & cherries) to exfoliate, refine and clear skin

Mandarin: (essential oil) refreshing, cleansing, softens & improves texture

Methylparaben: (derived from benzoic acid from benzoin tree gum) safe, effective preservative

Mica: Shiny silicate material, used to add sparkle

N

NaPCA: (derived from plant materials) moisturizer, humectant, & emollient

Natural colors: azulene (blue), beta carotene (yellow/orange), grape skins (purple), beet juice (red purple), chlorophyll, comfrey and parsley powder (green)

Nettle: (herb urtica dioica) toning & nourishing

Niacin: (vitamin B) stimulates circulation

O

Oatmeal: adds texture, soothes, softens, & nourishes

Orange blossom: (essential oil Neroli) toning & rejuvenating

Orange Oil: (citrus essential oil) refreshing & cleansing

P

Palmarosa: (essential oil) purifying & rejuvenating

Panthenol: (pro-vitamin B-5) deeply moisturizes, promotes healing

PEG-100 stearate: coconut-derived emulsifier for creams and lotions

Peppermint: (essential oil) cleansing & refreshing

Pine: (essential oil) stimulating & refreshing

Polyquatarnium-10: Anti-static agent derived from chloride (salt)

Propylene glycol: Combination of glycerin and water, an organic humectant. Clear, colorless liquid that is the most common moisture-carrying vehicle in skin care. It delivers superb permeation through the skin and excellent humectant properties (softens and moisturizes the skin)

Propylparaben: (derived from benzoic acid from benzoin tree gum) safe, effective preservative
Pycogenol(™): (maritime pine bark extract)

R

Retinyl palmitate: Vitamin A derivative, an essential skin nutrient necessary for healthy skin maintenance and repair. Moisturizes dry skin and reduces excess oil

Rosehip extract: soothing & rejuvenating

Rosemary: (plant extract and essential oil) stimulating, purifying & rejuvenating

Rosewood: (essential oil) rejuvenating & toning

S

Safflower Oil: (safflower seeds) an emollient high in oleic acid, nourishing, protects and firms

Sage: (plant extract and essential oil) astringent, cleansing

Sea kelp extract: (from sea plants) mineral-rich, nourishes, softens, helps skin hold moisture

Sesame oil: (from sesame seeds) soothes, smooths, and protects

Shea butter: superior emollient, used in body butters

Sodium chloride: table salt

Sodium lactate: Salt & alpha-hydroxy compound. Used as an exfoliant.

Sodium laureth sulfate: (from coconut and palm oils) gentle, effective cleansers that clean without stripping away natural oils

Sorbitol: (from fruits & berries) humectant (attracts & holds moisture), gives velvety feel to skin

Soy protein: (amino acids from soy beans) conditions

Squalane (vegetable): (from olives) protects, rejuvenates, & moisturizes

St. Johns Wort: (herb) calming & toning

Stearalkonium chloride: (from coconut & salt) Reduces static electricity by neutralizing electrical charges on hair. Good conditioning agent

Stearic acid: (from vegetable fatty acids) soothes & softens, emulsifier

Stearyl alcohol: (derived from vegetable fatty acids) soothes & softens, emulsifier

Sweet almond oil: (from almonds) smooths, softens, & protects

T

TEA-Laureth Sulfate: (derived from coconut & a negatively-charged salt) Wetting agent, promotes excellent cleaning properties, especially where mildness is important

Tea Tree oil: used as an antiseptic. Used in face masks and topical creams

Titanium dioxide: (a natural white mineral pigment) can protect skin from sun damage by blocking UVA [aging], UVB [burning] & UVC [constant] ultra violet rays, colorant

V

Vitamin A (beta carotene): anti-oxidant & free radical scavenger, rejuvenates, smooths

Vitamin A (retinyl palmitate): anti-oxidant--powerful free-radical scavenger, rejuvenates, smooths

Vitamin C (ascorbic acid/Ascorbyl Palmitate): anti-oxidant & powerful free radical scavenger that protects and promotes healing

Vitamin D (ergocalciferol): enhances performance of vitamin A, emollient, moisturizer

Vitamin D3 (cholecalciferol): antioxidant

Vitamin E (tocopheryl acetate): antioxidant

Vitamin E (d-alpha tocopherol, mixed tocopherols - alpha, beta and gamma): An effective antioxidant with healing and rejuvenating benefits, that help prevent cell damage by neutralizing free-radicals

W

Wild thyme: (herb) cleansing, antiseptic

Witch hazel: cleansing & toning

Wheat Germ Oil: (from wheat kernel). High in Vitamin E, moisturizer

X

Xanthan gum: (derived from natural polysaccharides) thickens & soothes

Y

Yarrow: (herb) mild astringent & soothing

Yeast Extract: (vitamin B complex) excellent source of folic acid

Ylang ylang: (essential oil) balancing & toning

Z

Zinc Oxide: (natural white pigment) Used to impart opacity, and skin protective

