



## TERMS GLOSSARY

**Acid:** Anything with a pH lower than 7.0.

**Acne:** A skin disease involving the oil glands at the base of hair follicles. This is where sebum is produced. When glands produce too much oil the pores can become blocked. The resulting bacteria in the plug causes swelling and the blockage causes blemishes.

**Allergic reaction:** Characterized by itching, redness and swelling usually localized to the site of contact.

**Aloe:** A succulent, which means 'juicy.' A succulent plant is one that stores water in its tissues.

**Alpha Hydroxy Acid:** Natural fruit, milk and sugar acids. Used for surface skin exfoliation.

**Amino acids:** Cells, muscles and tissue are made up of amino acids, which carry out many bodily functions such as giving cells structure. Also play a role in the transport and storage of nutrients.

**Analgesic:** provides temporary relief from pain.

**Antioxidant:** Natural substances found in fruits, vegetables, and other plant-based whole foods that fight free radicals in the body.

**Astringent:** Help to cleanse skin, tighten pores, and dry out oil.

**Bioflavonoids:** Rich in antioxidants that can help your body fight off free radicals that cause oxidative stress on the body.

**Blackheads:** A plugged pore that is open at the skin's surface. The black appearance is caused by oxidation.

**Botanicals:** Plant derived ingredients are added to products for their unique, individual healing and rejuvenating properties.

**Chelator:** The use of natural extracts and oils from plants and flowers in their purest form that are incorporated into a skincare formula.

**Collagen:** A protein that makes up one-third of the protein in the body found in bones, muscles, skin, and tendons.

**Comedone:** Forms when dead skin cells are trapped and compacted by oil to clog pores. An open comedone is a "blackhead" and a closed comedone is a "whitehead."

**Cystic Acne:** A type of inflammatory acne that causes painful, pus-filled pimples to form deep under the skin.



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**Eczema:** Eczema is a chronic skin disease that can vary from mild to severe forms and typically causes the skin to become inflamed, itchy, and red. It is also known as atopic dermatitis. Commonly found on the hands, feet, ankles, wrists, neck, upper chest, eyelids, and inside the elbows and knees.

**Elastin:** Main structural protein in our skin that provides our skin with elasticity, the ability to stretch and recoil, keeping its shape.

**Emulsifier:** Keeps the oil and water parts of an emulsion from separating.

**Emollient:** Helps to maintain smooth soft pliable appearance of the skin and reduce dryness, roughness and irritation.

**Essence:** Extract obtained from plants and botanicals that is used for natural scent.

**Essential Fatty Acids:** Key elements in natural skin care, essential fatty acids like omega-3 and omega-6 are the building blocks of healthy cell membranes. Help improve the skin's natural oil barrier to keep skin hydrated, plumper, and younger looking.

**Essential Oils:** Oil obtained from plants. Usually has the taste and smell of the original plant.

**Ester:** Emollients, that hydrate, soften, and smooth the surface of the skin.

**Exfoliation:** Removal of dead skin cells from the skin's surface.

**Fragrance:** A blend of essential oils or extracts added to a product to deliver an aroma.

**Free Radicals:** Free radicals are responsible for breaking down collagen and cause skin dryness, lines and wrinkles, dark spots, and loose saggy skin.

**Humectant:** Used to help retain moisture. Can be both hygroscopic (absorb humidity from the air) and hydrophilic (ability to attract water or moisture to the skin).

**Hyperpigmentation:** Increased abnormal melanin pigmentation (color) in the skin. Freckles and age spots are examples.

**Hypopigmentation:** Decreased melanin pigmentation (color) in the skin causing light patches.

**Inflammation:** A localized physical condition in which part of the body becomes reddened, swollen, hot and often painful; especially as a reaction to an injury or infection.

**Isopropyl Myristate:** Compound of Isopropanol and Myristate acid, a naturally occurring fatty acid. Give the skin a soft, velvety feel.



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**Keratin:** Protein found on epithelial cells. Keratins help form the tissues of the hair, nails, and outer layer of the body.

**Melanin:** Pigment that gives human skin, hair, and eyes their color.

**Milia:** Dead skin cells (keratin) trapped beneath the surface of the skin, forming small hard cysts.

**Nodules:** Large, solid pimples that are deep in the skin and may be painful.

**Oxygen Radical Absorbency Capacity (ORAC):** Measures the antioxidant potency in a product.

**Papules:** Small, raised solid pimple or swelling that is typically inflamed, but not producing pus.

**Peptides:** Amino acids that are the building blocks of certain proteins needed by the skin, like collagen and elastin.

**Pores:** Small openings in the skin connected to the hair follicles that release oils and sweat.

**Phenethyl Alcohol:** Aromatic alcohol used as a fragrance and antimicrobial preservative.

**Plant Stem Cells:** Cells located in the meristems of a plant that have a strong antioxidant and anti-inflammatory effect that help to protect against sun damage and help prevent wrinkles.

**Preservative:** Used to control bacteria, yeast, and fungus to prolong shelf life and improve product safety.

**Psoriasis:** Psoriasis causes cells to build up rapidly on the skin's surface, characterized by red, scaly, sometimes silvery patches of skin and itchiness.

**Rosacea:** Chronic, inflammatory skin condition, typically involving the nose, forehead, cheeks, and chin. Rosacea causes redness, visible blood vessels, and often small, red pus-filled bumps on the face.

**Surfactant:** Mildly cleanses the skin/hair by helping water to mix with oil and dirt so that they can be rinsed off. Have a mild foaming action.

**Sebaceous glands:** Oil producing glands attached to hair follicles.



## TERMS GLOSSARY

**Sebum:** Body's natural oil, composed of fatty acids and wax, that is released by sebaceous glands. It coats, moisturizes, and protects the skin.

**Stabilizer:** Substance that keeps ingredients within a formulation from separating.

**SPF:** Sun protection factor on a sunscreen that refers to a products effectiveness to guard against UVB exposure.

**UVA light:** Long wavelength of ultraviolet light that affects both the epidermis and dermis. UVA causes skin tanning, but also the concern of spot formation and skin wrinkling. UVA rays may play an important role in the development of melanoma.

**UVB light:** UVB is a shorter wavelength of ultraviolet light that affects primarily the epidermis and is associated with sunburn.

**Vitamin:** Used as colorant and/or natural preservative. Vitamins offer benefits to the skin, including suppression of pigmentation and bruising, antioxidant and anti-inflammatory effects.