

**Seventh Skin Analysis & Consultation-
Product Ingredients – Antioxidant & Hydrating & Healing
Vocabulary List & Facts**

1. Almond Oil	Benefit: Almond oil provides lipids and hydrates It is an emollient. It is good for the heart, skin, and hair Fact: Almond oil helps address bad cholesterol, dry skin, and cardiovascular disease.
2. Aosa	Benefit: It is a natural marine derived protein known for its skin firming benefits. It is replenishing and lifting. Fact: Aosa is known to have skin firming properties.
3. Apricot Kernel Oil	Benefit: This oil provides lipids, also an emollient. It is a natural moisturizer. Fact: Apricot Kernel Oil is used for massage oils.
4. Avocado Oil	Benefit: It helps to rebuild lipids, hydrating and the fatty acids are responsible for its health benefits. Fact: Avocado Oil is used because of its great source of antioxidants, fatty acids, minerals, and vitamins.
5. Artichoke Extract	Benefit: This extract helps to rebuild cell lipids, also helps irritations, anti-inflammatory, rejuvenating. It has antioxidants and folic acids Fact: Artichoke extract helps prevent wrinkles and create smaller pores.
6. Balm Mint Extract	Benefit: It is stimulating and increases circulation. Fact: Balm mint extract is used as a fragrant plant, and may irritate sensitive skin.
7. Beech Tree Extract	Benefit: It stimulates all skin functions. Have medicinal benefits Fact: Beech tree extract is known to improve the health of the skin.
8. Birch Extract	Benefit: Birch Extract is firming and stimulating. It has cancer prevention properties and is an anti-inflammatory Fact: Birch extract has great antioxidant and astringent properties.
9. Cardamom	Benefit: It is stimulating, used in body products and cellulite treatments, helps to eliminate waste through the kidneys Fact: Cardamom helps remove blemishes, giving you a more fair complexion.
10. Colostrum	Benefit: It mimics natural elastin from animal product, builds immune system and contains proteins, vitamins and minerals Fact: Colostrum is a natural anti aging agent.
11. Coneflower	Benefit: It provides immune enhancing properties and

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Extract	Benefit: Improves skin problems. It is an anti-inflammatory Fact: You can use coneflower extract on fine lines and wrinkles. It can reduce the appearance up to 55%.
12. Corn Germ Oil	Benefit: This oil contains Vitamin E, hydrating, antioxidant, nice emollient, improves skin functioning Fact: Corn germ oil is known to lower cholesterol, help skin scars, and has anti aging properties.
13. Daisy Extract	Benefit: It helps to build up cells, reduces swelling, good for eye contour products. It is also used to brighten skin and prevent hyperpigmentation Fact: If you're looking to whiten or improve pigmentation, you can use products that have daisy extract in them.
14. Echinacea	Benefit: It provides immune enhancing properties. reduces fine lines and wrinkles Fact: Echinacea is used for its amazing skin improvement and stability properties.
15. Elastin	Benefit: Elastin is a protein, hydrating, emulsifier, from plant or animal. It holds the skin together and gives it firmness Fact: Protein found in connective tissue.
16. Ginseng Extract	Benefit: It helps to regenerate, reduces swelling and is anti-aging Fact: Ginseng extract is used to boost energy, lower blood sugar, reduce stress, and promote relaxation.
17. Ginkgo Extract	Benefit: It is an antioxidant and a natural sunscreen Fact: This ingredient is an ancient plant extract that's used in China to heal various health ailments.
18. Hazelnut Oil	Benefit: It is softening, replaces oil/sebum in the skin. This oil is an antioxidant Fact: Hazelnut oil is used because it is very moisturizing and is good for oily skin.
19. Hibiscus Extract	Benefit: It is firming, restricts pores, and is anti-aging Fact: Hibiscus extract is rich in antioxidants. It helps fight skin damaging free radicals that can result in premature skin ageing.
20. Hydrocotyl Extract	Benefit: It helps to stimulate production of healthy collagen. It promotes the skins elasticity Fact: Hydrocotyl extract has strong anti-inflammatory properties.
21. Karite Butter	Benefit: This butter is often used as basic ingredient, hydrating. relieves windburn, sunburn

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	Fact: Karite butter is known to moisturize dry skin, treat acne, and reduce skin inflammation.
22. Lanolin	Benefit: Lanolin is from wax of sheep wool and is used for both an oil base of a cream and active ingredients. Lanolin is moisturizing Fact: Lanolin has a deep moisturizing effect on the skin and hair.
23. Lecithin	Benefit: Lecithin contains Vitamin. E which is a strong antioxidant and helps in cell division. It helps to hydrate and replenish Fact: Lecithin is a softening and soothing agent.
24. Lysine	Benefit: Lysine is an amino acid, good moisturizer and helps to build up new tissue. It can prevent herpes and cold sores Fact: Lysine helps to clear acne, and has key components of collagen and other amino acids.
25. Macadamia Nut Oil	Benefit: This oil stimulates all skin functions, good emollient. It is also an anti-inflammatory Fact: Macadamia nut oil is high in monounsaturated fatty acid. They are moisturizing and regenerating, all while softening the skin.
26. Marine plasma Extract	Benefit: It contains a lot of vitamins and mineral, also used as cream thickener. It is an ingredient for skin conditions Fact: Marine plasma extract is used in cosmetics because it is extremely absorbable and bio-compatible with our bodies.
27. Mimosa Bark Extract	Benefit: This extract is regenerating, repairing. It also aids in skin regenerating Fact: Mimosa bark extract is used for aiding injuries and burns.
28. Mink Oil	Benefit: It is a lubricating animal source. It helps to moisturize the skin Fact: Mink oil is used for its protection and restorative skin and scalp health.
29. Olive Oil	Benefit: It lubricates and is a good emollient. This oil is used as an anti-aging antioxidant. Fact: Olive oil is used for its anti ageing antioxidants and hydrating effects.
30. Panthenol	Benefit: Vitamin B5, tissue repair strengthening cells, used for emollients.

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	Fact: This ingredient is typically used as a lubricant, emollient, and moisturizer.
31. Peanut Oil	Benefit: It contains Vitamins A and E, contains folic acid (vitamin F), Useful on acne Fact: Peanut oil not only softens dry skin, but has protection and anti-inflammatory properties.
32. Pine Oil	Benefit: Pine oil is stimulating, increases turnover of epidermal cells, and can be irritating. Don't use if abrasion is present. helpful for eczema and itching Fact: Pine oil is known to be extremely detoxifying and a natural disinfectant. Commonly used in massage oil blends, and household cleaning products.
33. Placenta Extract	Benefit: This stimulates cell metabolism, contains all vitamins animal source. It is an effective skin firmer Fact: This ingredient is commonly used for it's wound healing abilities. This includes burns, ulcers, and skin defects.
34. Polyamino Sugar Condensate	Benefit: An amino acid rich skin conditioner and humectants. Skin conditioning Fact: This ingredient is used in cosmetics and skincare because it is a skin conditioning agent & humectant.
35. Retin A	Benefit: It is a Vitamin A acid, reduces the corneum layer, and reduces sebum production. It is collagen building, and helps in clearing sun damage Fact: Retin A is used to treat acne, reduce appearance of fine lines, wrinkles, and skin discoloration.
36. Retinol	Benefit: It is Vitamin A, balances sebum production, balances pH, Prevents free radicals Fact: Retinol is used in cosmetics and skincare because it improves lines and discoloration.
37. Royal Jelly	Benefit: Queen Bee food that builds up new cells, high in protein. Anti-inflammatory, sunscreen Fact: People use royal jelly to increase moisture.
38. Saint John's Wort	Benefit: It is healing, calming, Prevent cancer, reduce inflammation Fact: Saint John's Wort is used by many people because of its calming effects. It reduces inflammation and protects the skin.
39. Seaweed Extract	Benefit: Revitalizes and helps to get rid of waste products. It contains vitamins, minerals, rejuvenating. Increase skin hydration

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	Fact: You can use seaweed extract to soften the skin and reduce sensitivity.
40. Sorbitol	Benefit: It is an excellent moisturizer and prevents the skin from drying. Humectant in cosmetics Fact: Sorbitol is known to prevent moisture loss.
41. Soy Bean Oil	Benefit: It contains plant proteins, Vitamin A, B, K, (Vitamin K to strengthen capillaries). Skin enhancing product Fact: When soy bean oil is used in cosmetics or skincare, it has nourishing, softening, and moisturizing effects on the skin, hair, and nails.
42. Thymus Extract	Benefit: It is from baby cows, improves all cell functions. Chronic skin diseases Fact: Thymus extract is used in skincare and cosmetics for it's anti-ageing properties.
43. Urea	Benefit: It is an amino acid and protein. It helps to moisturize, anti-aging, exfoliants. Helps with psoriasis and dermatitis Fact: Urea used in cosmetics, is man-made in a laboratory.
44. Vitamin A	Benefit: This regulates sebum production, retinal exfoliates. improves wound healing, reduces wrinkles Fact: Vitamin A encourages healthy skin cell production.
45. Vitamin B Complex	Benefit: It helps repair of sun damage. Used to treat dry skin and dermatitis Fact: Vitamin B complex improves skin conditions like acne, rosacea, dermatitis, and hyperpigmentation.
46. Vitamin C	Benefit: It is used for whitening, fight free radicals. It may help and treat UV induced photo damage Fact: Vitamin c creates a brighter complexion and evens out skin tone.
47. Vitamin D	Benefit: It helps strengthen bones with calcium, fight ageing skin. Prevent premature ageing Fact: Vitamin D is used because of its fight against ageing skin.
48. Vitamin E	Benefit: It is a natural antioxidant, increase cell division. Provides minerals and vitamins. Fact: If you are prone to breakouts, vitamin e can make it worse.
49. Vitamin F	Benefit: It has folic acid, linoleic acid, good lipids for dry skin. It helps hair and skin regeneration

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	Fact: Vitamin F is a great antioxidant because it used for skin and hair regeneration.
50. Wheat germ	Benefit: It has a very high content of vitamin E and folic acid It fights dryness and increases cell division. Combats acne, wrinkles, and dry skin Fact: People use wheat germ because it is a great source of vitamin e. It reduces skin damage, fights free radicals, and supports healthy collagen.