



GARDEN BOTANIKA®

Glossary of Terms

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Acer Saccharinum Extract	See Sugar Maple Extract.
Acerola	Derived from the West Indian or Barbados Cherry, it is a rich source of Ascorbic Acid.
Acetamide MEA	A mild cleansing and conditioning agent from coconut Fatty Acid.
Acetic Acid	Derived from sources as apples, grapes, and oranges, it acts as a Rubefacient and solvent.
Acetyl Tributyl Citrate	Acts as a solvent. See also Citric Acid.
Acidophilus / Grape Ferment Extract	A mixture of bacteria and grape extract, it is a bacterium that ferments milk and fruits and acts as an Emollient.
Acrylamide / Sodium Acryloyldimethyltaurate	The salts of acrylamides, which are derived from sulfuric acid, act as a binding and film-forming agent.
Acrylate Copolymer	Synthetic Polymers made of Acrylic Acid, Methacrylic Acid, and one of their Esters. Acrylate Copolymers act as binding, film-forming, fixative and suspending agents.
Acrylates	Salts or Esters of Acrylic Acid that act as thickeners.
Acrylates / C10-30 Alkyl Acrylate Crosspolymer	Synthetic Polymer used in sunless tanning products.
Acrylic Acid	Derived from Glycerol, it acts as a thickening agent.
Activated Charcoal	From charred vegetables or woods, it acts as an absorbing agent.
Adipic Acid	Derived from beets, it acts as a buffering and neutralizing agent and is resistant to humidity.



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Adipic Acid / Neopentyl Glycol / Trimellitic Anhydride Copolymer	An Organic copolymer, it acts as a resin and film-former, providing flow Adhesion, gloss, water resistance, and depth to cosmetics. See also Glycols and Adipic Acid.
AHA	See Alpha Hydroxy Acid.
Alkaline Solution	A high pH, salt-like solution that reacts with Glycerine to form a mild soap.
Alanine	An Amino Acid found in plants and animals, it acts as a Humectant.
Alcohol	In chemistry, any Organic compound containing one or more hydroxyl groups "OH" or "HO" (oxygen and hydrogen). Alcohols may be derived from a variety of substances, taking on the nature of their parent substance to form fatty or non-fatty alcohols. Fatty Alcohols are derived from sources such as Coconut Oil and Palm Oil and are lubricating Emulsifiers that thicken and stabilize product systems. They also condition the skin (e.g., Cetyl Alcohol). Non-Fatty Alcohols are derived from sources such as petroleum, grain, and potatoes. They are solvents that help dissolve oils, degreasing and dehydrating the skin (e.g., Isopropyl Alcohol). Some alcohols may have Humectant properties (e.g., Propylene Glycol and Panthenol).
Algae Extract	Derived from seaweed, it moisturizes and is a rich source of Minerals and Vitamin B (see Panthenol). See also Irish Moss Extract and Kelp Extract.
Allantoin	An active soothing and healing agent in comfrey (see Comfrey Extract), it stimulates cellular activity and promotes cell regeneration. It also works against the signs of aging that are caused by poorly functioning cell metabolism, such as lines, wrinkles and poor skin texture and tone.
Almond Meal	Finely ground almond shells smooth away dead surface cells to renew soft, sleek skin on all parts of the body. See also Exfoliate.
Almond Oil	See Aloe Vera Extract.
Aloe Barbadensis Extract	See Aloe Vera Extract.
Aloe Barbadensis Juice	See Aloe Vera Extract.
Aloe Barbadensis Leaf Juice	See Aloe Vera Extract.
Aloe Extract	See Aloe Vera Extract.
Aloe Vera Concentrate	See Aloe Vera Extract.



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Aloe Vera Extract	A cactus-like botanical grown in the arid regions of the world, including the American Southwest. Its cooling gel has been used for centuries by Native Americans to soothe burns, relieve pain, and promote general healing. Highly Emollient and slightly Astringent, the gel of the aloe vera plant contains a wide variety of Minerals, Vitamins, and Amino Acids as well as Humectant and Saccharides.
Aloe Vera Gel	See Aloe Vera Extract.
Alpha Bisabolol	See Bisabolol.
Alpha Hydroxy Acid	Found in nature and derived from such sources as sugar cane (see Sucrose), fruits, wine, and sour milk, these acids (also known as AHAs) act as exfoliants (see Exfoliate) by loosening the bond between surface skin cells and the skin beneath. This acceleration of the skin's natural renewal process provides improved texture and tone and softens fine lines. AHAs also benefit acne sufferers, as the elimination of dead surface cells free impurities from pores and reducing the rate of breakout.
Alpha Lipoic Acid	Esters of Glycerine and Propylene Glycol that act as Emollients and thickening agents.
Althea Officinalis Extract	See Marshmallow Extract.
Aluminum Powder	An FDA-approved coloring agent.
Ambrette Seed	A source of ambrette oil, it acts as a fixative.
Amino Acid	Manufactured in the body and in plants, these are essential to healthy growth and help moisturizers and Emollients penetrate the skin.
Aminomethyl Propanol	An Alcohol made from nitrogen compounds that mixes with water, it acts as an Emulsifier.
Ammonium Chloride	A naturally occurring ammonium salt, it is used in washes for the face and body for its stimulating and cooling effects.
Ammonium Lauryl Sulfate	Derived from coconut Fatty Alcohol, it acts as a mild cleansing agent.
Amyris Balsamifera Extract	See Amyris Oil.
Amyris Oil	A sweet oil derived from torchwood, it is used primarily in fragrance for its aromatherapeutic benefits. See also Aromatherapy.



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Angelica Extract	Angelica is said to have taken its name from angels who revealed the plant's medicinal qualities to a monk searching for a cure for the plague. Throughout the centuries, it has been relied upon to soothe away many types of skin problems, including signs of irritation and prolonged sensitivity. Elements found in it are known to stimulate circulation, and protect against bacteria, fungus, yeast, and other hostile microbes. Also contains Vitamins E (see Tocopherol), B12 (see Panthenol), and calcium.
Annatto	A natural vegetable colorant.
Anthemix Nobilis Extract	See Chamomile Extract.
Anti-Inflammatory	An herb or other substance that helps reduce the severity of inflammation or work through the inflammation response. This response must often rely on vasodilation (see Vasodilator) to rid the skin of inflammatory chemicals, finally resulting in calming and soothing. Many of these herbs contain aspirin-related Salicylate or substances that are chemically close to steroids. Examples include arnica (see Arnica Extract), fennel, ginseng (see Ginseng Extract), goldenrod, pansy, and thyme (see Thyme Oil).
Anti-Irritant	Substances that soothe the localized and/or superficial inflammation of the skin that is due directly to one or more external substances.
Antioxidant	A substance that disarms Free Radicals by scooping up their extra electrons before these renegrade molecules can do harm. Antioxidants are considered Preservatives since they prolong a product's shelf life by preventing rancidity. They also slow the aging process and inhibit actions that can lead to skin irritations.
Antiseptic	Prevents the growth of microorganisms.
Apricot Kernel Oil	Light lubricating oil from apricot seeds. It is a rich natural source of Beta Carotene, the substance skin uses to manufacture Vitamin A (see Retinol), which is required for cell reproduction and maintaining healthy cell membranes.
Arachidonic Acid	Part of the essential Fatty Acid group found in skin. When added to the skin or scalp, it improves texture and reduces flaking skin and roughness.
Arachidyl Proinate	Derived from Arachidonic Acid, it is used as a wax.
Arnica Extract	Famous for its homeopathic action on wounds of all types, it triggers immune activity within the skin without acting directly on wounds. Arnica also soothes, stimulates helps clear blemishes, and promotes moisturizing from within the skin. See also Arnica Oil.
Arnica Oil	An Essential Oil from the Arnica plant, it stimulates underlying circulation and reduces swelling and signs of bruising. Recommended by herbalists for sports-related surface injuries where bruising, muscle soreness or other problems are observed. See also Arnica Extract.



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Aromatherapy	The use of scents, usually Essential Oils, to elicit a certain mood or feeling. While benefits vary widely, the majority of aromatherapeutic products are blends of many plant and flower extracts. The most common are citrus fruits and mints for energy, woods and florals for calming, and herbs for clarity of thought.
Artemisia Abrotanum Extract	See Southernwood Extract.
Ascorbic Acid	More commonly known as Vitamin C, it is found in citrus and other fruits. It reduces redness and improves product stability. Recently, Vitamin C has been proven to be a healing agent for burns, abrasions, and other skin damage. Ascorbic Acid is effective in the repair of signs of aging.
Ascorbyl	A salt of Ascorbic Acid.
Ascorbyl Methylsilanol Pectinate	A compound of ingredients derived from Ascorbic Acid, Silicone, and fruit pectins, and is a viscosity builder and an antioxidant. Derived from sources such as apples, pears, and beet root, it provides a gelatinous texture to products.
Ascorbyl Palmitate	The Antioxidant form of Vitamin C (see Ascorbic Acid), it fights Free Radicals and acts as a Preservative by preventing oil rancidity in skin care products, but does not protect against bacterial growth.
Asparagine	See Asparagus Officinalis Extract.
Asparagus Officinalis Extract	A source of non-essential Amino Acid, Sucrose, starch, and Mucilage, it allows moisturizes to penetrate skin.
Asparagus Root Extract	See Asparagus Officinalis Extract.
Aspartic Acid	An Amino Acid found in plants and animals, it acts as a Humectant.
Astringent	In skin care, it pertains to products and ingredients that cleanse pores and normalize the skin. In herbology, it refers to herbs which numb skin to surface irritation, protect against surface inflammation, and provide an impenetrable barrier to most infective organisms and toxins. Examples include Rose Extract, Geranium Extract and Juniper Extract.
Avena Satvia Extract	See Oat Extract.
Avobenzone	Also known as Butyl Methoxydibenzoylmethane. An oil-soluble UVA sunscreen. When used with UVB Sunscreen, it provides broad-spectrum UVA/UVB protection.
Avocado Oil	A rich lubricating oil from avocado fruit, it contains more Vitamin D (see Ergocalciferol) than eggs or butter, plus seventeen other Vitamins and Minerals, including Vitamin A (see Retinol), Vitamin E (see Tocopherol), Essential Fatty Acids, and Lecithin. It softens the skin and hair, helps retain moisture and fights the aging process.



Babassu Oil	A non-drying oil from the Brazilian Babassu Palm, it is a source of Fatty Acid.
Balm Mint Extract // Melissa Officinalis Extract	Rich in ozone, a form of oxygen that is hostile to bacteria, it is an excellent wound dressing and stimulates the skin's self-repair mechanisms.
Balsam Tolu Extract	Sap from the balsam tolu tree grown on the plains of South America, it softens and conditions hair, adding shine and manageability.
Basil Leaves	From the spicy aromatic plant, they invigorate and refresh.
Bay Laurel Extract	Derived from the Bay Laurel tree, the aromatic leaves have been used for centuries for their various healing properties; it was one of the remedies used by Hippocrates. It acts as an Astringent and antiseptic. See also Bay Oil.
Bay Oil	An Essential Oil from the Sweet Laurel plant it stimulates underlying circulation, reduces swelling and signs of bruising, and has a pungent, medicinal odor. See also Bay Laurel Extract.
Bee Pollen Extract	Bee pollen contains every substance needed to maintain life, including Vitamins A, (see Retinol), B-complex (see Panthenol), C (see Ascorbic Acid), D (see Ergocalciferol), and E (see Tocopherol). It contains approximately 35 percent protein, half of which is free Amino Acid, essential life substances that can immediately be taken in and utilized by the body. It is also high in Aspartic Acid, and amino acid that is able to stimulate the glands and promote a feeling of physical rejuvenation.
Beeswax	Derived from the wax produced by virgin bees, it acts as an Emulsifier in various cosmetic products and provides smooth application and sheen. May be yellow or white in color.
Behentrimonium Methosulfate	Quaternary ammonium salt used as an antistatic agent and hair conditioning agent. See also Quaternary Ammonium Compound.
Bentonite	Inorganic soft, highly absorbent, cleansing clay originally mined in Benton, Montana. Absorbs impurities and excess oils, reduces oily shine, and forms a gel when added to water.
Benzocain	An Ester of Benzoic Acid.
Benzoic Acid	A Natural Preservative and antifungal agent found in cherry bark, raspberries, tea, anise, and cassia bark.



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Benzoin Siam Absolute	A balsamic resin from the benzoin grown in Cambodia, Thailand, Sumatra, and Cochin China. It is used as a skin protectant and Preservative.
Benzophenone	An Organic compound derived from Benzoic Acid with UV-light absorbent and antiseptic properties.
Benzophenone-1	A Benzophenone derivative, it is used as a UV-light absorbent in hair conditioner and nail products. Also used as a color-stabilizing additive.
Benzophenone-2	A Benzophenone derivative, it is used as a UV-light absorbent to help protect the color integrity of personal care products.
Benzophenone-3	A Benzophenone derivative, it is an approved UV-light absorbent in over-the-counter products. Also used to stabilize colors in personal care products.
Benzyl Alcohol	Derived as a pure Alcohol from plants such as Jasmine and Hyacinth, it acts as a solvent, Preservative, and antiseptic.
Bertholletia Excelsa Extract	See Brazil Nut Oil.
Beta Carotene	Found in all plants, it is the primary source of Provitamin A (see Retinol).
Beta Glucans	A part of Cellulose that act as conditioning and thickening agents.
Beta Hydroxy Acid	Similar to Alpha Hydroxy Acid, but considered to be safe for use on sensitive skin, these acids (also known as BHAs) are derived from sources such as fruits and willow bark (see Willow Bark Extract). BHAs dissolve the surface skin cells that make skin appear rough or patchy and lead to breakout by clogging pores. See also Salicylic Acid.
BHT	Abbreviation for Butylated Hydroxytoluene. It is derived from Phenol, it acts as a Preservative and Antioxidant.
Bilberry Extract	Derived from the leaves and berries of the Bilberry plant, it acts as a diuretic and anti-infective. It also dilates blood vessels and prevents blood vessel fragility.
Bioflavonoid	Biologically active form of flavonoids, a large family of stimulating, age-fighting elements found in many plants. They work with Vitamin C (see Ascorbic Acid), making it more effective. By themselves, Bioflavonoids gently stimulate the skin and scalp, quicken the internal bringing of nutrients and water, and speed the removal of waste in tissues.
Biotin	Part of the Vitamin B group (see Panthenol), it helps normalize oil gland secretions, increasing or decreasing oil production as needed. It is required for the growth of healthy tissue.
Birch Bark Extract	See Birch Extract.



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Birch Extract	A refreshing yet soothing extract derived from the bark of Birch trees. Valued by both Native Americans and Europeans for its antiseptic and Astringent action. It is rich in Vitamins A (see Retinol), C (see Ascorbic Acid), E (see Tocopherol), and trace Minerals.
Bisabolol	The active soothing agent in chamomile (see Chamomile Extract), it acts as an Anti-Irritant and calming agent, and reduces tension.
Bis-Diglyceryl	See Stearic Acid and Adipic Acid.
Bis-Diglyceryl Polycyladipate-2	Adipic Acid and Esters of a mixed diglyceryl ester of cadrylic, cadric, stearic, isostearic, and hydroxystearic acids. It acts as a skin conditioning agent and Emollient. See also Stearic Acid.
Bismuth Oxychloride	An inorganic pigment used as a color additive in makeup preparations and other color cosmetics.
Black Currant Extract	From the fruit of the <i>Ribes nigrum</i> (European Black Currant), it is a source of Alpha Hydroxy Acid.
Black Walnut Extract	Derived from the hulls and leaves of the Black Walnut tree, it contains manganese to protect and normalize dark hair color.
Bladderwrack Extract	Derived from Seaweed, it is soothing, cleansing, and stimulating. Its thick texture builds moisture and helps relieve dryness.
Blue #1	See FD&C Blue #1.
Blue #1 Aluminum Lake	An FDA-approved coloring agent. See also Lake.
Blue #7	An FDA-approved coloring agent.
Bois de Rose Oil	Steam-distilled oil from the wood chips of the tropical Rosewood tree, this oil provides a light camphor fragrance.
Borage Oil	A source of potassium and calcium, it acts as an Emollient.
Boron Nitride	Found in the earth's crust, it is a reflective Mineral.
Bran	From the broken coats of various cereal grains, it acts as an exfoliant (see Exfoliate).
Brazil Nut Oil	From the oil of <i>Bertholletia excelsa</i> , the Brazil nut tree, it acts as an Emollient.
2-Bromo-2-Nitropropane-1.3 Diol	A strong Organic Preservative, it protects against a broad spectrum of bacteria, mold, yeast, fungus and other contaminants.



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Bronze Powder	Derived from a number of copper alloys, it provides a metallic and reflective surface and is primarily used in cosmetics to provide shimmer.
Burdock Extract	Native to the North American continent, burdock is valued for its ability to cleanse and purify the tissues, including skin blemishes and other problems. Elements in burdock are proven to counteract many types of fungus and bacteria. Burdock is a rich source of Vitamin C (see Ascorbic Acid) and Iron. It also contains Vitamins A (see Retinol) and E (see Tocopherol), Bioflavonoid, B-complex (see Panthenol) and small amounts of Sulfur, Silicon, Copper, Iodine, and Zinc.
Buttermilk	The fluid remaining from churned butter, but may also be manufactured by adding Organic cultures to sweet milk. It acts as an Astringent, bleaching, and soothing agent.
Buttermilk Powder	An extra rich soothing, conditioning, and softening form of milk. See also Buttermilk.
Butyl Acetate	See Acetic Acid.
Butyl Alcohol	Derived from corn mash, it acts as a solvent and denaturant. See also SD.
Butyl Methoxydibenzoylmethane	See Avobenzone.
Butylated Hydroxytoluene	See BHT.
Butylene Glycol	An aliphatic diol used as a solvent or viscosity agent. Used extensively in personal care product as an Emollient and moisturizing ingredient. See also Butyl Alcohol and Glycols.
Butylene Glycol Dicaprylate / Dicaprate	Diesters (see Ester) of Capric Acid and Caprylic Acid, a mixture of the Butylene Glycol that acts as an Occlusive skin conditioning agent.
Butyloctyl Salicylate	An Ester used as a hair and skin conditioning agent. Also used as a solvent for various personal care ingredients. See also Butyl Alcohol and Salicylic Acid.
Butylparaben	The Ester of n-butyl alcohol and p-aminobenzoic acid, used as a Preservative. See also Butyl Alcohol.



C12-15 Alkyl Benzoate	A mixture of synthetic Fatty Alcohol and Benzoic Acid, it is an Ester used as a skin conditioner and Emollient.
C13-14 Isoparaffin	A mixture of branch chain hydrocarbons used as a solvent to incorporate viscosity building and emulsifying ingredients. See also Emulsifier.
C14-16 Olefin Sulfonate	A powder Surfactant derived from a mixture of Organic compounds between acids and Alcohols, it acts as a Preservative.
Calcium D-Pantothenate	A blend of calcium with Vitamin B5 (see Panthenol), it supports the skin's natural metabolic functions for healthier, younger-acting skin.
Calendula Extract	An Astringent and Anti-Inflammatory, it contains caratenoids, a form of Carotene, and supports the healing process.
Calendula Officinalis Extract	See Calendula Extract.
Camellia Japonica Extract	See Green Tea Extract.
Camellia Oil	See Green Tea Extract.
Camellia Oleifera Extract	See Green Tea Extract.
Camellia Sinesis Oil	See Green Tea Extract.
Camphor	Indigenous to regions in and around India, oil from the wood of this tree has been distilled for hundreds of years and has been valued in the West since the 12 th Century. Cooling and refreshing to the skin, elements of Camphor are known to counteract some forms of bacteria. Camphor contains eugenol, which is used by dentists and herbalists to numb gum pain.
Canadian Willowherb Extract	See Willow Bark Extract.
Candelilla Wax	A Natural moisturizing wax from the Candelilla (wax plant), it gives body to lipsticks, and lip and eye pencils. Its low melting point allows color to glide on easily.
Canola Oil	Decongesting, lightweight oil from the Canola Nut, it purifies as it softens the skin.
Capric / Caprylic Triglyceride	Oily liquid from plants; similar to the skin's own fluids. An Emulsifier in creams and lotions, it smoothes and retexturizes the skin.
Capric Acid	Derived from a wide variety of plants, it is primarily used as a fruit fragrance in perfumes.



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Caprylic Acid	Derived from such sources as Palm Oil and Coconut Oil, it is used primarily in the manufacture of fragrances.
Caprylic/Capric Triglyceride	The mixture of Glycerine, Caprylic Acid and Capric Acid, it is a fatty oil used as an Occlusive skin conditioner.
Caramel	Derived from sugar or Glucose and alkali or trace Mineral acid, it acts as a soothing ingredient on skin and is also used as a coloring agent.
Carbomer	A combination of Acrylic Acid and Sucrose, they act as Thickeners, stabilizers, and Emulsifiers.
Carbomer-940	See Carbomer.
Carmine	An FDA-approved coloring agent.
Carnauba Wax	Derived from the Brazilian Wax Palm tree, it is one of the hardest waxes known. It provides gloss and texture.
Carotene	Precursor of Vitamin A (se Retinol); also known as Beta Carotene. It is found in yellow and orange fruits and vegetables, such as apricots and Carrot Oil and has a characteristic yellow tone with used in cosmetics. Carotene is a Free Radical scavenger.
Carrageenan Extract	See Irish Moss Extract.
Carrot Oil	Derived from the carrot root, it was originally grown in the chalky sea coast of southern Europe. Naturally Emollient, it softens the skin. Famous for its potent quantities of Carotene, carrots also contain elements that help reduce edema, or swelling of the tissues due to water retention.
Cassava Root	See Tapioca Starch.
Castor Bean Oil	See Castor Oil.
Castor Oil	Hard, film-forming oil from the castor bean, it provides sheen and clarity to the skin and hair, and protects from environmental contaminants.
Cedar Oil	See Cedarwood Oil.
Cedarwood Oil	An Essential Oil of the cedarwood tree whose beneficial properties have been valued since biblical times. Highly aromatic, mildly Astringent and antiseptic, with a refreshingly stimulating woody scent.
Cellulose	The primary fiber component of plants, it is used in cosmetics as a thickening agent and to bind other ingredients together.
Cellulose Gum	A natural thickening agent from plants, it is the Glucose substance that forms plant cell walls.



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Centella Asiatica Extract	A member of the <i>Umbelliferae</i> family of plants, which are similar to celery, it acts as a healing agent.
Ceramides	See synthetic Fatty Alcohol.
Ceresin/ Ozokerite	A natural mineral wax that provides a hard, protective coating.
Ceteareth	An Organic Emulsifier from Coconut Oil, it is an effective Lubricant and Emollient.
Ceteareth-12	See Ceteareth.
Ceteareth-20	See Ceteareth.
Cetearyl Alcohol	A mixture of Fatty Alcohol that emulsify (see Emulsifier) the oil and water content in creams, lotions, and other emulsified systems.
Cetearyl Methicone	See Cetearyl Alcohol and Silicone.
Ceteth-24	See Ceteth-5.
Ceteth-5	A Propylene Glycol Ester of Cetyl Alcohol, it is a Surfactant that acts as an Emulsifier.
Cetrimonium Bromide	Used as a cleansing and/or solubilizing agent.
Cetyl Alcohol	A Fatty Alcohol derived from Coconut Oil, it emulsifies (see Emulsifier) the oil phase in creams and lotions.
Cetyl Dimethicone	See Cetyl Alcohol and Dimethicone.
Cetyl Dimethicone Copolyol	See Cetyl Alcohol and Dimethicone.
Cetyl Ester	A manmade wax with the same chemical properties of natural Spermaceti. A skin softener, it produces gloss and stabilizes creams and lotions.
Cetyl Octanoate	The Ester of Cetyl Alcohol, it acts as a moisturizer.
Cetyl Palmitate	An Emulsifier from coconut or palm kernel Fatty Acid, it makes waxes more fluid.
Cetyl Phosphate	A mixture of Esters of Phosphoric Acid and Cetyl Alcohol, it acts as an Emulsifier in cosmetic creams and lotions.



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Chamomile Extract	In cosmetics, usually refers to German Chamomile (<i>Matriaria camomilla</i>) although Roman Chamomile (<i>Anthemis nobilis</i>) possesses many of the same properties. It has been used fro centuries by European herbalists as a remedy for many skin and scalp complaints, including signs of irritation, sensitivity, blemishes, rashes, and dry skin. Its sedative action soothes skin in poor condition. It is an excellent skin cleanser, as many of the elements in Chamomile have been found to be effective antibacterial, antifungal, and Anti-Inflammatory agents.
Chamomile Oil	See Chamomile Extract.
Chamomilla Recutita Extract	See Chamomile Extract.
Chaparral Extract	From the desert plant <i>Larrea mexicana</i> , it acts as an Antioxidant and antibiotic.
Charaecyparis Obtusa Extract	See Cypress Extract.
Chemical	A compound composed from two or more substances, chemicals can occur in nature or by made by man (synthetic).
Cherry Bark Extract	Derived from the cherry tree, it softens skin and hair, adds sheen and improves overall condition.
Chickweed Extract	A soothing and cleansing plant used for centuries by North American people to cleanse wounds and prevent inflammation. In skin care, it soothes and supports the cleansing process. It is a relative of Soapbark (see Saponaria Extract).
China Clay	See Kaolin.
Chlorella Vulgaris Extract	See Algae Extract.
Chloride Phosphate	Esters of phosphoric acid, which is derived from phosphorous rock and hydrochloric acid, it acts as a solvent and Antioxidant.
Cholecalciferol	A form of Vitamin D (see Ergocalciferol).
Cholesterol	An Organic Alcohol, it acts as a Lubricant and Emulsifier.
Choleth-24	Derived from Cholesterol, it acts as an Emulsifier and Emollient.
Chromium Hydroxide Green	An FDA-approved coloring agent.
Chromium Oxide Green	An FDA-approved coloring agent.
Cinnamon Oil	Derived from cinnamon, an Asian herb known for its highly spicy scent, it stimulates underlying circulation and reduces swelling and signs of bruising. Recommended by herbalists as a microbial.



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Citric Acid	Derived from citrus fruits, it acts as a stabilizing agent and a source of Ascorbic Acid.
Citrus Bioflavonoids	Bioflavonoid from the white inner rind of oranges, lemons, and limes.
Citrus Paradisi Extract	See Grapefruit Extract.
Citrus Sinesis Extract	See Orange Oil.
Clay	Used as a clarifying and Emollient ingredient. See also Montmorillonite, Bentonite, and Kaolin.
Clematic Vitalba Extract	See Clematis Extract.
Clematis Extract	Derived from the <i>Clematis vitalba</i> plant family, it acts as an Astringent.
Clematis Vulgaris Extract	See Clematis Extract.
Clove Oil	A pungent, spicy Essential Oil of clove, it cools and refreshes. The high Phenol content of cloves makes it an extremely effective disinfectant and strong antiseptic. When rubbed onto the skin, it stimulates underlying circulation, reducing swelling and signs of bruising.
Cloveleaf Oil	See Clove Oil.
Cocamide DEA	A mild cleansing and conditioning agent from coconut Fatty Acid.
Cocamidopropyl Betaine	Derived from coconut Fatty Acid, it acts as a mild cleansing and conditioning agent.
Cocamidopropyl Hydrosultaine	See Cocamidopropyl Betaine.
Cocamidopropyl Hydroxysultaine	See Cocamidopropyl Betaine.
Cocamidopropyl-Dimethylbetaine	See Cocamidopropyl Betaine.
Coco Phosphatidyl PG-Dimonium Chloride	Used as a skin and hair conditioning ingredient, it adds an elegant feel to skincare products. See also Quaternary Ammonium Compound.
Cocoamphodiacetate	See Cocamidopropyl Betaine.
Coco-Betaine	See Cocamidopropyl Betaine.
Cocodimonium Hydroxypropyl	See Hydrolyzed Wheat Protein.



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Coconut Oil	Rich, luxurious lubricating oil expressed from coconut kernels, it gives a healthy sheen and helps retain moisture. Its high content of Glycerides and Fatty Acids make coconut oil a valuable source for many Organic cosmetic ingredients.
Colorants, Permanently Approved	A color whose safety has been proven and which is permanently approved by the FDA for use in cosmetics, food, or drugs.
Coltsfoot Extract	An herb that soothes by bringing comforting moisture and softening elements to the skin and scalp. It is a rich source of Vitamins A (see Retinol) and C (see Ascorbic Acid), with moderate quantities of calcium, potassium, Vitamins B6 and B12 (See Panthenol), Bioflavonoid, Zinc, manganese, Iron, and Copper.
Comfrey Extract	Derived from the comfrey plant, it stimulates cell regeneration, soothing and speeding healing. Comfrey contains Allantoin and is a rich source of Vitamins, Minerals, and Amino Acid that are necessary for healthy cell and protein formation.
Comfrey Leaf Extract	See Comfrey Extract.
Commiphora Abyssinica Extract	See Myrrh Extract.
Coneflower Extract	Valued by Native North Americans for its ability to cleanse wounds and skin impurities of all types, it acts as an Anti-Inflammatory and soothing agent. It contains Vitamins A (see Retinol), C (see Ascorbic Acid), and E (see Tocopherol), Iron, Copper, Sulfur, and potassium.
Copernicia Cerifera Wax	See Carnauba Wax.
Copper	An essential nutrient for all mammals. See also Copper Powder.
Copper Powder	An FDA-approved coloring agent.
Corn Cob Meal	Finely ground meal of corn cob, it smoothes rough, dry, scaly skin and allows moisture lotions to penetrate more deeply into the skin.
Corn Oil	Acts as an Emollient and is obtained as a by-product of the milling of corn grain.
Cornflower Extract	Mildly Astringent, it calms signs of irritation and softens. Cornflowers contain some of the same skin-smoothing plant Sterols contained in corn.
Cornstarch	Derived from corn kernels, it acts as an absorbent and provides a silky feel.
Cottonseed Oil	Derived from the seed of cotton plants, it acts as a lubricating base for creams and lotions.



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Cranesbill Extract	Derived from the cranesbill plant, it acts as an Astringent.
Cucumber Extract	Derived from the <i>Cucumis sativus</i> plant, it acts as an Astringent and softens. It also moisturizes and provides a cooling effect.
Cucumis Sativus Extract	See Cucumber Extract.
Cupressus Sempervirens	See Cypress Extract.
Cyclomethicone	A non-penetrating, inert oil created from Silica or sand, it is an excellent film-former, allowing skin to breathe while repelling and holding in water, and protecting from harmful environments such as smog, cigarette smoke, chapping winds, or drying heat. It also improves the slippery feel of creams and lotions. In Sunscreens, it assures the even application of sunscreen ingredients, reducing the need for additional levels of sunscreen to achieve high SPFs.
Cyclopentasiloxane	See Silica.
Cypress Extract	Derived from the <i>Cupressus sempervirens</i> tree, it acts as a soothing and calming agent.

D

D&C	The abbreviation for Drug and Cosmetic. D&C before a listed color signifies its approval for use in drugs and cosmetics by the FDA.
D&C Green #5	An FDA-approved coloring agent.
D&C Orange #4	An FDA-approved coloring agent.
D&C Orange #5	An FDA-approved coloring agent.
D&C Red #21 Aluminum Lake	An FDA-approved coloring agent. See also Lake.
D&C Red #21 Zirconium Lake	An FDA-approved coloring agent. See also Lake.
D&C Red #27 Aluminum Lake	An FDA-approved coloring agent. See also Lake.
D&C Red #27 Calcium Lake	An FDA-approved coloring agent. See also Lake.
D&C Red #27 Zirconium Lake	An FDA-approved coloring agent. See also Lake.
D&C Red #30	An FDA-approved coloring agent.
D&C Red #30 Aluminum Lake	An FDA-approved coloring agent. See also Lake.



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D&C Red #30 Lake	An FDA-approved coloring agent. See also Lake.
D&C Red #33	An FDA-approved coloring agent.
D&C Red #36	An FDA-approved coloring agent.
D&C Red #36 Titanium Aluminum Lake	An FDA-approved coloring agent. See also Lake.
D&C Red #6 Barium Lake	An FDA-approved coloring agent. See also Lake.
D&C Red #7 Calcium Lake	An FDA-approved coloring agent. See also Lake.
D&C Violet #2	An FDA-approved coloring agent.
D&C Yellow #10	An FDA-approved coloring agent.
D-Alpha Tocopherol	See Tocopherol.
Dandelion Extract	Derived from the <i>Taraxacum</i> plant family, it acts as an Anti-Irritant, and cleansing and refreshing agent. A rich source of Vitamins A (see Retinol), B (see Panthenol), C (see Ascorbic Acid), and D (see Ergocalciferol), plus potassium and iron.
DEA Cetyl Phosphate	Derived from plant Fatty Acid, it acts as an Emulsifier.
Dead Sea Mud	From the Dead Sea, this mud acts as a purifier and source of Minerals that are vital to healthy skin.
Dead Sea Salt	Derived from the Dead Sea. See also Sea Salt.
Decanoic Acid	Derived from anise, lemons, limes, or butter acids, it is used as a fragrance in the manufacture of perfumes.
Decyl Alcohol	From sweet orange (see Orange Oil), Ambrette Seed, and liquid Paraffin, it acts as a Lubricant, fixative, and anti-foaming agent.
Decyl Glucoside	A combination of Decyl Alcohol and Glucose.
Decyl Polyglucose	A combination of Decyl Alcohol and Glucose.
Deionized Water	Water in which all Minerals have been removed through the process of ionization. Deionized water is 'soft' water.
Denotehra Biennis Extract	See Evening Primrose Oil.



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Dermis	The cushionary layer of skin underneath the Epidermis. It is made of moist tissue, nourishing blood capillaries, sensory nerves, and collagen and elastin, the protein fibers that give structure to the skin. When the dermis is weakened by age or loss of moisture, wrinkles form and the skin's youthful contour is lost.
Dexpanthenol	See Panthenol.
Dextrin	A starch-like gum, it acts as a Thickener, Emulsifier, and mild Humectant.
Dextrose	See Glucose.
DHA	The abbreviation for Dihydroxy Acetone.
Diazolidinyl Urea	A synthetic broad-spectrum Preservative, it prevents the growth of a wide range of bacteria, mold, fungus, and other contaminants. It is effective across a wide pH range and stable for long lengths of time. See also Urea.
Dicaprylate/Dicaprate	See Capric Acid and Caprylic Acid.
Dicetyldimonium Chloride	Use as an antistatic and hair conditioning agent. See also Quaternary Ammonium Compound.
Dihydroxy Acetone	Obtained by the action of bacteria and Glycerine, it acts as an Emulsifier, Humectant, and fungicide. When applied to the skin, it imparts an orange-brown shade or 'tans' without the aid of sunlight.
Diisopropyl Dilinoleate	See Linoleic Acid.
Diisopropyl Dimer Dilinoleate	See Linoleic Acid.
Diisostearyl Dilinoleate	See Linoleic Acid.
Diisostearyl Dimer Dilinoleate	See Linoleic Acid.
Dimethicone	Derived from Silicone, it acts as a film-forming, protective and moisturizing agent.
Dimethicone Bisamino Hydroxypropyl Copolyol	A Silicone Polymer used as a hair conditioning agent. See also Dimethicone.
Dimethicone Copolyol	See Dimethicone.
Dimethiconol	See Dimethicone.
Dimethyl Isosorbide	See Sorbitol.
Diethyl Adipate	Derived from Adipic Acid and Octyl Alcohol, it acts as an Emollient.



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Diethyl Maleate	A salt or Ester of Maleic Acid, it acts as an Emollient and Lubricant.
Diethyl Succinate	A salt or Ester of Succinic Acid (see Diethyl Succinate), it is found in lichen (see Lichen Extract) and fungi and acts as a wetting agent.
Diphthalate	See Adipic Acid and Ethanol.
Dipotassium Glycyrrhizinate	The dipotassium salt of Glycyrrhizinate Acid.
Dipropylene Glycol	See Propylene Glycol.
Disodium Cocoamphodiacetate	Derived from Coconut Oil, it acts as a mild cleansing and conditioning agent.
Disodium EDTA	An Organic salt that reduces Minerals in compounds.
Disodium Laureth Sulfosuccinate	Derived from palm kernels (see Isohexadecane), it acts as a suspending agent and Emulsifier.
Disodium Lauroamphodiacetate	A hair conditioning Surfactant, it is used to condition the hair as well as boost foam in shampoos or gels. See also Disodium Laureth Sulfosuccinate.
Disodium Oleamido PEG-2 Sulfosuccinate	Derived from the salts or Esters of Oleic Acid and sulfosuccinic acid (see Diethyl Succinate), it acts as an Emulsifier that suspends pigments in concealers and foundations. Also used as a Surfactant in cleansing preparations. See also PEG.
Dispersant	An ingredient that combines with one or more ingredients and then disperses the ingredients evenly throughout a product. This process assists in stabilization. Examples of dispersants include Dipropylene Glycol and Polysorbate-20.
Distarch Phosphate	A combination of complex starch and a derivative of the Mineral phosphorous, it softens water and skin, texturizes to reduce roughness, and gives a smoother feel to the skin's surface. Some forms can absorb excess skin oils to reduce shine.
DMDM Hydantoin	An Organic stabilizer derived from Minerals and Methanol, it acts as a Preservative.



Echinacea Augustifolia Extract	See Coneflower Extract.
Echinacea Extract	See Coneflower Extract.
EFA	The abbreviation for Essential Fatty Acids.
Elaeis Guineensis Extract	See Palm Kernel Oil.
Elder Flower Extract	Derived from the sambucus plant, it is used by herbalists to encourage circulation and support the body's self-renewal systems. It builds internal moisture within the skin and quickens the removal of waste that can slow down the skin's healthy metabolism. Elder flowers contain Linolenic Acid and Linoleic Acid, Bioflavonoid, Humectant sugars, and other Emollients.
Emollient	A product consisting of two antagonistic phases (e.g., oil and water) in which one phase, in the form of fine droplets, is dispersed throughout the other phase. Many emulsions will separate into the two individual phases unless the Emulsion is stabilized by the use of an Emulsifier.
Emulsifier	Also referred to as an 'emulsifying agent.' Any substance which, when added to an Emulsion will stabilize it and help prevent the components of the emulsion from separating. Substances that reduce the surface tension between liquids or surfaces are used as emulsifiers. Examples of emulsifiers include Sodium Lauryl Sulfate and Cetyl Alcohol.
Emulsifying Wax N.F.	An Organic wax that assists in combining the water and oil phases of a cream or lotion. See also N.F.
Emulsion	A product consisting of two antagonistic phases (e.g., oil and water), in which one phase, in the form of fine droplets, is dispersed throughout the other phase. Many emulsions will separate into the two individual phases unless the emulsion is stabilized by the use of an Emulsifier.
Enteromorpha Compressa Extract	See Algae Extract.
Epidermis	The top layer of skin, which is composed of water-resistant protein cells stacked in 20–32 layers. Each day, one layer falls off the top of the skin and is replaced by a new layer at the bottom of the epidermis. The cells are held together by Intercellular Fluid, a water-and-oil substance that forms the primary pathway into the skin.



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Ergocalciferol	More commonly known as Vitamin D2, it is a fat-soluble Vitamin that easily penetrates skin. It helps restore softness and lubricity, and a lustrous, youthful glow. Many researchers now believe this active form of Vitamin D is not a true vitamin, but is hormone synthesized by the skin during sun exposure. In the skin it acts as a natural Sunscreen, then travels through the body, attaching to cell walls where it assists with calcium absorption.
Espom Salts	See Magnesium Sulfate.
Essence	A concentrated extract that retains the fundamental and beneficial properties of the source.
Essential Fatty Acids	Abbreviated as EFA. Plant fluids that hold skin cells in place and act as the primary pathway into the skin. EFAs restore smoothness to tough, scaly skin and improve the texture and condition of any skin type — dry, normal, or oily.
Essential Oil	Highly complex, volatile (evaporative) oil that is obtained from specific plants. Essential oils are concentrates of plant chemicals known as chemotypes; they are believed to be the essence of the plant. Due to their complex chemical nature, essential oils are strongly aromatic. Aromatherapists believe their aromatic qualities allow essential oils to influence the body by working within certain brain areas. They are also believed to enter the skin and scalp easily since these oils are composed of exceptionally small molecules. Essential oils are usually used in combination with other essential and simple plant oils.
Ester	A combination of Alcohol and acid that is formed into a waterless compound. Esterification reduces the allergy-causing properties of certain ingredients.
Ethanol	Derived from the fermentation of starches, sugars, and carbohydrates, it acts as an antibacterial and antiseptic ingredient. Also known as ordinary Alcohol.
Ethoxydiglycol	Derived from Ethylene, it is an Organic liquid solvent and thinning agent.
Ethyl Acetate	Derived from various fruits, it acts as a solvent in nail care products and provides a fruity fragrance for perfumes.
Ethyl Hexyl P-Methoxycinnamate	Derived from sources such as cinnamon and cocoa leaves, it acts as a Sunscreen.
Ethyl Tosylamide	Derived from Ethanol, it acts as a film-forming agent.
Ethylene	Derived from hydrocarbon gases or Ethanol.
2-Ethylhexyl Salicylate	See Butyl Alcohol and Salicylic Acid.



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Ethylparaben	An Organic Preservative, it prevents growth of bacteria, mold, fungus, and other contaminants in water, where the most contamination occurs.
Etidronic Acid	A chelating agent used to protect the integrity of various personal care products. See also Benzyl Alcohol.
Etocrylene	An Organic Ester derived from Acrylic Acid.
Eucalyptus Extract	There are more than 300 varieties of eucalyptus, about 15 of which are useful in cosmetics. Elements of eucalyptus are known to counteract bacteria, making it an excellent antiseptic in its natural form. In Australia, where eucalyptus is native, Aborigines rely on the plant's leaves to relieve pain, fight infection, and help heal wounds, burns, and other inflammations. The extract contains water-soluble elements of eucalyptus.
Eucalyptus Oil	See Eucalyptus Extract. The oil contains aromatic components of the plant; see also Essential Oil.
Euphorbia Cerifera Wax	See Candelilla Wax.
Evening Primrose Oil	Derived from the leaves and seeds of the <i>Oenothera biennis</i> plant, it is a source of Linoleic Acid and acts as an Anti-Inflammatory.
Exfoliate	The process that uses scrubs, peels, or other rough substances to remove dead surface skin cells that can dull or clog pores. Exfoliates leave skin exceptionally smooth and receptive for moisturizing and nourishing ingredients.
Ext.	The abbreviation for External Use. Colors listed with this abbreviation have not been approved for use in foods by the FDA.
Ext. D&C Violet #2	An FDA-approved coloring agent.
Ext. Violet #2	An FDA-approved coloring agent.
Ethylenediamine	Derived from Sugar Cane Extract, it acts as a solvent and Preservative.
Extract	An extract usually describes a concentrate obtained by treating a natural material, such as plants, with a solvent, usually water or Propylene Glycol, then achieving the concentrate by allowing the solvent to evaporate.



Farnesol	An extract of plants that is used in cosmetics primarily for fragrance, it offers antibacterial and Antioxidant properties. In cosmetics, farnesol has been proven by modern science to normalize oil flow in all skin types, balancing oily skin within 15 days and dry skin by 45 days.
Fatty Acid	Any mixture of liquid and solid acids. When combined with Glycerin, the form fat, which is necessary for normal and healthy skin growth. See also Essential Fatty Acids.
Fatty Alcohol	Solid Alcohols that are made from acids to form a protective film and keep moisture from evaporating from the skin. They also provide a velvety feel.
FD&C	The abbreviation for Food, Drug, and Cosmetic. FD&C before a color signifies its approval for use in foods, drugs, and cosmetics by the FDA.
FD&C Blue #1	An FDA-approved coloring agent.
FD&C Blue #1 Aluminum Lake	An FDA-approved coloring agent. See also Lake.
FD&C Red #4	An FDA-approved coloring agent.
FD&C Yellow #5	An FDA-approved coloring agent.
FD&C Yellow #5 Aluminum Lake	An FDA-approved coloring agent. See also Lake.
FD&C Yellow #6	An FDA-approved coloring agent.
FD&C Yellow #6 Aluminum Lake	An FDA-approved coloring agent. See also Lake.
FDA	The abbreviation for the Food and Drug Administration.
FDA-Approved Colors	Colorants and pigments that are provisionally or permanently approved for use in cosmetics by the FDA.
Fennel Extract	Derived from the flowering shrub, it acts as an Anti-Inflammatory and Vasodilator, improving problems caused by poor circulation, dehydration, undernourishment, and irritation due to the buildup of waste in underlying skin tissue. The sedative action of fennel is also soothing to irritated skin.
Fermented Vegetable Extract	A mixture of cane sugar, molasses, and Vegetable Proteins.
Ferric Ammonium	An FDA-approved coloring agent.



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Ferric Ferrocyanide	An FDA-approved coloring agent.
Ferrocyanide	An FDA-approved coloring agent.
Flax Seed Extract	The source of Linseed Oil, it acts as a fixative and soothing agent.
Fragrance	Aromatic substances derived from plants or produced under man-made conditions to duplicate natural materials. Besides their pure sensory appeal, fragrances of all types are known to affect the mind and emotions.
Free Radical	A byproduct of normal oxygen metabolism caused when an oxygen molecule is produced with an uneven amount of electrons. The resulting Free Radical attempts to stabilize itself by stealing electrons from other molecules that are most commonly found in DNA, lipids, cell walls, and cell interiors. The damage that results can be found in an array of aging symptoms, including less energetic cells, mutant or malformed cells produced from mangled DNA (leading to cancer), and wrinkles resulting from cross-linked collagen and elastin fibers. Sun, stress, poor nutrition, and certain drugs (e.g., antibiotics) can lead to free radical formation. Antioxidants interfere with the manufacture of free radicals or even out their numbers of electrons by converting them into harmless Alcohols.
French Chalk	See Talc.
Fresh Water Silt	From the fresh water lakes of Russia, silt acts as an exfoliant (see Exfoliate) and strengthening agent for hair.
Fructose	Sugar found in fruits and also common in the human body, its compatible nature makes it a strong, natural hydrator for the skin and hair.
G	
Garlic Extract	Odiferous garlic is the focus of many researchers for its ability to stimulate the curative potential of the immune system. Odor-free garlic extract helps with problems related to oily skin and scalp.
Geranium Extract	Derived from the <i>Pelargonium</i> plant family, it acts as an Astringent, helps clear blemishes, and supports the healing process. Herbalists suggest it as an antiseptic that also helps control surface bleeding.
Ginkgo Biloba Extract	See Ginkgo Extract.
Ginkgo Extract	Derived from the ginkgo biloba tree, which is sacred to the ancient Chinese, it acts as an Antioxidant.



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Ginseng Extract	Derived from the root of the ginseng plant found in China, Korea, and the United States, it acts as a Vasodilator and supports the skin's ability to adapt to stressful environments.
GLA	See Linoleic Acid.
Glucose	The sugar used by the body to make energy, required for life to exist. Cells deprived of adequate glucose produce skin and hair that is dull, stressed, and lifeless in appearance. Glucose is a Natural plant and sugar, and when applied to skin and hair, it acts as a Humectant.
Glucose Glutamate	See Glucose.
Glutamic Acid	An Amino Acid derived from Glucose.
Glycereth-7 Triacetate	Derived from Polyethylene Glycol and triacetic acid, it acts as a solvent in Emollients.
Glycereth-8 Hydroxystearate	See Glycerine, PEG, and Stearic Acid.
Glyceride	Esters of Glycerine, acting as an Emollient and texturizing agent. Glycerides may be Natural or synthetic.
Glycerin	See Glycerine.
Glycerine	Derived from various vegetables, it acts as a Humectant and prevents products from hardening or thickening.
Glycerol	See Glycerine.
Glyceryl Cocoate	A combination of Glycerine and Coconut Oil.
Glyceryl Polymethacrylate	A compound of Glycerine and Methacrylic Acid.
Glyceryl Ricinoleate	Derived from Glycerine, it acts as an Emollient.
Glyceryl Stearate	Derived from Glycerine and Palm Kernel Oil or Soya Bean Oil, it acts as an Emulsifier and conditioner.
Glyceryl Stearate SE	See Glyceryl Stearate.
Glycogen	Polysaccharide that has water-binding properties for skin. See also Saccharide.
Glycol Stearate	Derived from various plants, it acts as a moisture-protecting Emulsifier and provides a pearlized appearance to some products.
Glycolipids	A mixture of fats, oils, and carbohydrates, they act as Emollients.



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Glycols	A combination of Glycerine and Alcohol that acts as a Humectant. See also Propylene Glycol.
Glyconucleopeptides	Proteins derived from Glycols.
Glycyrrhetic Acid	Extract from licorice that has Anti-Inflammatory properties. See also Licorice Extract.
Glycyrrhizinate Acid	Derived from licorice root (see Licorice Extract), it acts as a soothing agent.
Golden Seal Extract	One of the basic herbs of Native American medicine men, golden seal is most useful in treating skin and mucous membranes. In skin care, golden seal calms signs of irritation and boosts the power of other herbs with which it is used. Golden seal contains Vitamins A (see Retinol), C (see Ascorbic Acid), B-complex (see Panthenol), E (see Tocopherol), Essential Fatty Acids, calcium, Copper, potassium, manganese, Iron, Zinc, and sodium. It is also a rich source of phosphorus, which is needed for healthy cell membranes.
Goldenseal Extract	See Golden Seal Extract.
Grape Leaf Extract	From the leaves of the <i>Vitis vinifera</i> plant family, it acts as an Antioxidant.
Grapefruit Extract	Derived from the fruit <i>Citrus paradisi</i> , it is a source of Ascorbic Acid. It is also used as a fragrance in the making of perfumes and Aromatherapy.
Grapefruit Oil	See Grapefruit Extract.
Grapefruit Seed Extract	Derived from the seeds of grapefruit, it acts as a Preservative. See also Grapefruit Extract.
Grapeseed Extract	See Grapeseed Oil.
Grapeseed Oil	Derived from the fruit of the <i>Vitis vinifera</i> plant family, it is a rich source of Linoleic Acid and acts as a lubricating agent.
Grapeskin Extract	Derived from the fruit of the <i>Vitis vinifera</i> plant family, it acts as an Astringent.
Green #3	An FDA-approved coloring agent.
Green #5	An FDA-approved coloring agent.
Green #6	An FDA-approved coloring agent.
Green Algae Extract	See Algae Extract.



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Green Tea Extract	Derived from the Asiatic evergreen shrub, it is used to calm and soothe skin. It also acts as an Antioxidant.
Guanine	An Organic material used to provide a metallic and reflective finish to cosmetics.
Guarana Extract	Derived from the Brazilian tree <i>Paullina cupana</i> , it is a source of caffeine, which gives a temporary 'lift' to skin.
H	
Hammamelis Extract	See Witch Hazel Extract.
Hazelnut Oil	A rich, penetrating oil from the kernel of the hazelnut tree, it gives shine to hair and lubricates the skin. It is an excellent carrier oil for Essential Oils and botanical oils.
Helianthus Annus Oil	See Hybrid Safflower Oil.
Henna Extract	From the dried leaves of the <i>Lawsonia alba</i> plant, which is indigenous to North Africa, India, and the Middle east, it is available in many forms — from red Egyptian Henna to neutral (colorless) Persian Henna. All species of Henna contain approximately one percent of lawsone, a Natural Sunscreen. Most famous for inspiring red highlights in hair, only red Egyptian Henna actually performs that task. All Hennas promote thickness and shine.
Hesperdin	Derived from the peels of citrus fruits, it acts as a Bioflavonoid.
Hexyl Nicotinate	A part of an Amino Acid and saccharide group that equals the skin's water-binding capacity, it hydrates and corrects dryness without adding oil.
Hexylene Glycol	A plant-derived Humectant, it provides moisture to skin and hair and keeps cosmetic products fresh.
Honey	Derived from the material produced by bees, it acts as a softening and retexturizing agent, and mildly Exfoliates.
Honey Extract	Moisture-building Humectant from Honey.
Honeysuckle Extract	An exceptionally soothing plant containing Salicylic Acid, the active ingredient in aspirin. Once used extensively in the traditional medicine of people in Italy, Siberia, Asia, and Eastern Europe to help reduce skin infections.



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Hops Extract	Best known for their sedative action, hops calm signs of sensitivity in the skin and scalp. A mild Astringent, inhibits the entry of unwanted bacteria, smog, and other contaminants. Hops are rich in Vitamin B-Complex (see Panthenol), and contains manganese, Iron, and sodium.
Horse Chestnut Extract	Derived from the fruit of the horse chestnut tree, it stimulates, brightens, and revives lifeless complexions, and encourages the bringing of internal nutrients and water and the removal of waste the builds up within lower skin tissues.
Horsetail Extract	Derived from the stalk of the horsetail plant, which is found in the sandy soils of many rivers, streams and deltas, it is a rich source of the Mineral selenium, and Antioxidant, and Silicon, which helps absorb excess oil. Excellent for oily or blemished skin.
Humectant	A substance that attracts and binds moisture to skin. Humectants can keep products fresh and moist, or can boost water levels in the skin. Examples of humectants include Glycerine, Propylene Glycol, and Panthenol.
Hyaluronic Acid	The most powerful moisture-binding Humectant known, it binds 1,000 times its weight in water to the skin. It is found in connective tissue in humans, where it holds water that keeps collagen and elastin fibers (the support fibers that keep skin young-looking) moist and pliable. It is cultivated in laboratories, not taken from animals.
Hybrid Safflower Oil	Derived from the safflower plant, it contains Essential Fatty Acids and Lipid components found within the skin's Intercellular Fluid that are necessary for a smooth, lustrous, healthy-looking complexion. In products, it is an easily blended, compatible base for other oils.
Hybrid Sunflower Oil	Derived from the sunflower plant, it contains Essential Fatty Acids and Lipid components found within the skin's Intercellular Fluid that are necessary for a smooth, lustrous, healthy-looking complexion. In products, it is an easily blended, compatible base for other oils.
Hydastis Canadensis Extract	See Golden Seal Extract.
Hydrated Silica	Derived from Silica, it acts as an anti-caking and opacifying agent.
Hydro	From the Greek word for water.
Hydrocotyl Extract	Derived from the leaves and roots of the <i>Hydrocotyl asiatica</i> plant, it moisturizes and soothes.
Hydroctyle Asiatica Extract	See Hydrocotyl Extract.
Hydrogenated Castor Oil	A water-resistant oil from the castor bean, it provides sheen and slip to makeup.



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Hydrogenated Coco-Glycerides	Derived from Coconut Oil and Triglycerides. See also Hydrogenation.
Hydrogenated Cottonseed Oil	A water-resistant oil from the cottonseed, it conditions skin and adds lubricity and moist texture to makeup.
Hydrogenated Jojoba Oil	A moisture-binding Emollient from the jojoba plant, this form of Jojoba Oil provides smooth texture. See also Hydrogenation.
Hydrogenated Lecithin	A moisture-binding Emollient from soybeans, this form of Soya Bean Oil provides smooth texture. See also Hydrogenation.
Hydrogenated Oils	These oils have been put through the process of Hydrogenation.
Hydrogenated Palm Glycerides	A moisture-binding Emollient from the palm kernel, it helps keep eye and lip pencils moist and allows pigment to glide on easily.
Hydrogenated Palm Kernel Glycerides	See Hydrogenated Palm Glycerides.
Hydrogenated Soybean Oil	See Hydrogenated Lecithin.
Hydrogenated Vegetable Oil	A light, lubricating oil from a variety of vegetable plants. See also Hydrogenation.
Hydrogenation	The process of converting liquid oils to semisolid fats by adding hydrogen gas under high pressure. Hydrogenation adds a smoother texture to cream and lip products, retards rancidity, and keeps the products fresh.
Hydrolyzed	The process in which a substance is made into a simpler compound through the use of water. This process is similar to the digestion of foods in the stomach.
Hydrolyzed Soy Protein	Pure protein from soy (see Soy Protein), one of the richest protein sources in the plant kingdom, Hydrolyzed with water to make large protein molecules better able to penetrate the skin and hair. It smoothes and improves hair thickness and sheen.
Hydrolyzed Vegetable Protein	Pure protein from vegetable sources Hydrolyzed with water to make large protein molecules better able to penetrate the skin and hair. It smoothes and improves hair thickness and sheen.
Hydrolyzed Wheat Protein	Pure protein from wheat, an effective alternative to animal protein, Hydrolyzed with water to make large protein molecules better able to penetrate hair. It improves hair strength and shine.
Hydrolyzed Wheat Starch	See Hydrolyzed Wheat Protein.
Hydroxyethyl-Cellulose	See Hydroxymethylcellulose.



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Hydroxymethylcellulose	A form of cellulose, the primary structural component in the cell walls of plants, it forms a smooth film on the skin and hair. It is a simple Emulsifier — thickening creams, lotions, and other cosmetic systems. See also Cellulose Gum.
Hydroxyproline	Derived from the Amino Acid proline, it acts as a moisturizing agent.
Hydroxypropyl Methylcellulose	See Cellulose Gum.
Hydroxypropylcellulose	See Cellulose Gum.
Hypericum Extract	From the St. John's Wort plant, it was used as a poultice in the middle ages to heal deep sword cuts. Recent research in Germany confirms its antibacterial action. In skin care, it acts as an Anti-Irritant.
Hypnea Musciformis Extract	See Algae Extract.
Hyssop Extract	Hippocrates, the father of Western medicine, recommended hyssop for use in viral-related problems, and today, extracts of the herb are being investigated for the control of cold sores. Hyssop is exceptionally stimulating and invigorating when used in cosmetics.
Ilex Paraguariensis Extract	See Paraguay Tea Extract.
Imidiazolidinyl Urea	A synthetic form of Urea, it acts as a Preservative.
Indian Tobacco Extract	See Burdock Extract.
Inositol	A member of the Vitamin B-complex (see Panthenol), it regulates oil gland production — either increasing or decreasing secretions as needed — to balance the skin and scalp. It conditions the skin, making it smooth and lustrous. It's also a vital element in the formation of cell enzymes that are vital for healthy skin metabolism.
Intercellular Fluid	A semi-solid structure of fat-like Lipids and water-soluble materials found between the cells of the stratum corneum, the uppermost layer of the Epidermis. It is the primary pathway of penetration into the skin and holds skin cells together. When the intercellular fluid (also called 'cement') is intact, skin is soft, smooth and healthy in appearance. When it has been disturbed, skin cells flake and scale, the skin feels tight, and surface irritation is often the result. Many of the components found in intercellular fluid are also found in plants. See also Sterols, Triglycerides, Squalane, and Essential Fatty Acids.
Iodopropynyl Butyl Carbamate	An Organic Preservative, it acts as a fungicide.



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Irish Moss Extract	Also known as Carrageenan, a seaweed grown in the frigid waters off the Atlantic coasts of Europe, Ireland, and the United States Highly Emollient, it softens and hydrates the skin and other tissues. Irish Moss is 80 percent polysaccharides, the same substances that keep body tissues moist and supple. Of the 18 elements composing the human body, 15 are contained in Irish Moss, including phosphorus needed for cell membrane formation, potassium for nerve impulse transfer, and Sulfur for healthy skin metabolism. A rich source of Vitamins A (see Retinol), D (see Ergocalciferol), E (see Tocopherol), and K (see Phytonadione), and Essential Fatty Acids.
Iron	An essential Mineral in cosmetics, it acts as an Astringent and coloring agent. See also Iron Oxides.
Iron Oxides	An FDA-approved coloring agent.
Iron Oxides Black	An FDA-approved coloring agent.
Isobutylparaben	See Butylparaben.
Isoceteth-20	The Polyethylene Glycol (see PEG) Esters of isocetyl alcohol, it is a Surfactant that acts as an Emulsifier and solubilizing agent.
Isocetyl Stearate	The Ester of isoceteth alcohol and Stearic Acid, it is a skin-conditioning agent for skin preparations.
Isohexadecane	A branch chain hydrocarbon with excellent skin conditioning and Emollient properties. It is also used as a solvent for active materials.
Isopropyl Alcohol	An Organic Alcohol, it acts as a solvent, antibacterial and denaturant. See also SD.
Isopropyl Palmitate	A greaseless Emollient and solvent derived from the highest purity Fatty Acid, it reduces the oily feel of cosmetics. In small quantities, it assists with the penetration of other ingredients.
Isostearyamidopropyl PG Dimonium Chloride	Used as a conditioner and antistatic ingredient for hair care products. See also Surfactant.
Isostearylamidopropyl Dihydroxypropyl Dimonium Chloride	See Isostearyamidopropyl PG Dimonium Chloride.
Ivy Extract	Derived from the common ivy vine, it acts as a decongestant and stimulates circulation by quickening the bringing of nutrients internally to underlying skin tissues and speeding the removal of waste.



J

Japan Wax	Derived from the fruit of the <i>Rhus succedanea</i> tree of Japan and China, it provides firmness and ease of application for cosmetics.
Japanese Green Tea Extract	See Green Tea Extract.
Jasmine Oil	Derived from the flowers of the jasmine shrub, it acts as an Anti-Irritant and cooling agent. It is also used in the production of fragrances.
Jjoba Esters	See Japan Wax, Jjoba Oil, and Ester.
Jjoba Oil	A liquid wax from the jjoba bean, which is grown in the arid deserts of the Middle East, the United States, and Mexico. The triglycerides (see Glyceride) forming jjoba's basic molecular structure are chemically similar to human sebum. Jjoba helps liquefy oil plugs in pores and re-lubricates the skin, softening and preventing dryness. It leaves and an elegant after-feel when used in cleansing milks.
Jjoba Wax	When solidified into beadlets, it makes a highly effective exfoliant (see Exfoliate), gently sloughing away dead surface skin cells that can dull the skin and clog pores.
Juniper Berry Oil	See Juniper Extract.
Juniper Communis Extract	See Juniper Extract.
Juniper Extract	From the berries of the <i>Juniperus communis</i> tree, it acts as an Astringent and is a rich source of Ascorbic Acid.

K

Kaolin	A Mineral clay known as China Clay, it absorbs excess skin oils and other impurities that clog pores, but does not absorb moisture.
Kava Kava Extract	From the Polynesian herb, <i>Piper methysticum</i> , it acts as an analgesic and antiseptic.
Kelp Extract	Grown in seawater, kelp contains nearly 30 Minerals, including all those considered vital to health. Hair treated with chemicals from perms, colorants, bleaches, and other techniques has had the mineral balance disrupted. Treated with kelp, hair in poor condition thrives on its lively elements.
Kiwi Extract	From the New Zealand kiwi fruit, it is one of the richest sources of Vitamin C (see Ascorbic Acid) and Linoleic Acid.



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Kola Extract	Derived from the kola nut, it possesses Antioxidant properties.
Kukui Nut Oil	A light, lubricious oil from Hawaii's kukui tree, it acts as an Emollient.
Lactamide DEA	Derived from milk proteins, it acts as a skin conditioning agent and Humectant.
Lactamide MEA	A pH-balanced conditioner from milk.
Lactic Acid	A naturally occurring acid in blood, milk, and muscle, it is formed when Glucose and Glycogen are metabolized. It appears in skin as part of the natural moisturizing factor — a chemical structure in skin that helps retain moisture and keep surface cells soft and pliant.
Lactylate	Obtained from the fermentation of whey, potatoes, cornstarch, or molasses, it is the calcium salt of Stearic Acid Esters and has properties similar to Alpha Hydroxy Acids.
Lake	Describes an FDA-approved coloring agent. Lakes are Organic pigments that have been made insoluble with the addition of various Minerals such as aluminum, calcium, barium, potassium, or zirconium.
Laneth-5	Derived from Organic Alcohol, it acts as an Emulsifier.
Lappa Extract	An excellent herb for oily and blemished complexions, it contains elements that help regulate oil-gland secretions and control bacteria content on the skin's surface. It also provides Mineral salts required for healthy cell renewal.
Larrea Mexicana Extract	See Chaparral Extract.
Lauramide DEA	Derived from Coconut Oil, it acts as a thickening and foaming agent.
Laurel Extract	See Bay Laurel Extract.
Laureth-4	Derived from vegetable fats, especially Coconut Oil, laureths act as Surfactants.
Laureth-7	See Laureth-4.
Lauric Acid	Derived from vegetable fats, especially Coconut Oil, it acts as a foaming agent.
Lauroamphocarboxyglycinate	See Disodium Lauroamphodiacetate.



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Lauroamphodiacetate	See Disodium Lauroamphodiacetate.
Lavadin Oil	A hybrid of the lavender plant, it contains many of the same qualities as Lavendar Oil without being as sedating. Lavadin also yields superior refreshing benefits.
Lavendar Extract	Balances the skin by stimulating or calming according to environmental and biological conditions, and brings the complexion into balance — if stressed, lavender soothes; if sluggish, lavender energizes. Final results are a healthier-looking, younger-acting complexion. It acts as an Anti-Inflammatory and soothes sunburned or sensitive skin.
Lavendar Oil	The Essential Oil of lavender is highly aromatic and calms or stimulates, depending upon one's needs. It energizes the mind and revives the psyche. One of the oldest essential oils, it has been a popular medicinal herbal remedy for thousands of years due to its versatility in treating a number of problems of both the mind and body. The lavender plant is native to the Mediterranean and was spread throughout the settled world by Greeks, Romans, and others who carried the plant on their journeys.
Lawsonia Alba Extract	See Henna Extract.
Lecithin	Derived from soybeans, it acts as an Emulsifier and Antioxidant. It is found in all living plants.
Lemon Bioflavonoids	See Bioflavonoid.
Lemon Blossom Extract	From the fragrant blossoms of the lemon tree, it provides a brightening effect for blonde hair.
Lemon Extract	From the fruit of the lemon tree, it acts as an Antiseptic and is a rich source of Ascorbic Acid, Bioflavonoid, and Carotene.
Lemon Peel Extract	See Lemon Extract.
Lemongrass Extract	Derived from the fragrant grass, it controls overactive sebaceous glands and reduces shininess and blemishes due to excess oil.
Lichen Extract	From the plant <i>Usnea barbata</i> , it acts as an antifungal and antibacterial agent.
Licorice Extract	From the plant <i>Glycyrrhiza glabra</i> , it acts as a soothing agent.
Lime Fruit Extract	A source of Ascorbic Acid, it is also used as a fragrance for perfumes and Aromatherapy.
Limeflowers	See Linden Flower Extract.
Linden Blossom Extract	See Linden Flower Extract.



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Linden Extract	Part of the citrus family, it is a rich source of Bioflavonoid and Farnesol, and element required to maintain skin's youthful texture and resiliency.
Linden Flower Extract/ Limeflower Extract	A calming agent on skin and is used for its sedative effects in Aromatherapy.
Linoleamidopropyl PG-Dimonium Chloride Phosphate	A conditioning and antistatic agent used in personal care cleansing products. See also Quaternary Ammonium Compound.
Linoleic Acid	Part of the group of Essential Fatty Acids, it is required for a healthy, intact stratum corneum — the uppermost layer of skin that prevents environmental contaminants, bacteria, and other substances from penetrating the skin. It is a common element found in many vegetable oils, including Sunflower Seed Oil, Sesame Oil, and Olive Oil.
Linolenic Acid	A Glyceride present in most oils, it acts as a quick-drying agent.
Linseed Oil	See Flax Seed Extract.
Lion's Tooth Extract	See Dandelion Extract.
Lipid	Along with proteins and carbohydrates, lipids are the structural components of all living cells and include fats, waxes, and phosphatides.
Lithospermum Extract	Derived from the roots of the <i>Radix lithospermi</i> plant, it acts as a soothing agent.
Loofa	A member of the gourd family, its mesh-like skeleton has a fibrous network that makes a superior exfoliating device — smoothing rough, scaly skin from the knees, elbows, and other body locations. In its ground form, it can be added to creams or lotions, making a natural smoothing scrub to remove dead cells that can dull the skin's surface. See also Exfoliate.
Loofah	See Loofa.
Lubricant	Usually an oil or rich cream that provides a glossy protective film over the skin. Lubricants slow moisture loss and protect from environmental pollutants and dry climates.
Luffa	See Luffa Cylindrica.
Luffa Cylindrica	A family of gourds that, when dried, may be used as a sponge for bathing or ground into a powder for exfoliation. See also Loofa and Exfoliate.



Macadamia Nut Oil	From the nut of a small evergreen tree, it acts as an Emollient and is a source of Magnesium.
Macadamia Ternifolia Nut Oil	See Macadamia Nut Oil.
Magnesium	A naturally occurring metal that acts as a thickener in cosmetics.
Magnesium Aluminum Silicate	A natural Thickener and bodifier from Silica.
Magnesium Ascrobyl Phosphate	Acts as an Antioxidant and is used primarily in Sunscreen products.
Magnesium Carbonate	A Natural Mineral, it adds an opaque quality to makeup.
Magnesium Sulfate	A soothing, relaxing salt found in hot springs and other waters believed to have healing qualities.
Maidenhair Extract	See Ginkgo Extract.
Maize Gluten Amino Acids	Derived from corn gluten, these Amino Acid act as Humectants.
Maleated Soybean Oil	Soybean Oil in which some of the unsaturation of the oil has been modified through the use of an Organic acid.
Maleic Acid	Formed by the dehydration of Malic Acid.
Malic Acid	Derived from various fruits, such as apples and cherries, it acts as an Antioxidant.
Mallow Extract	Derived from the herbal plant, it acts as a soothing and moisturizing agent.
Manganese Violet	An FDA-approved coloring agent.
Mangifera Indica Extract	See Mango Butter.
Mango Butter	From the fruit of the <i>Mangifera indica</i> tree, it acts as a moisturizer and Emollient, and is especially soothing to dry skin.
Marjoram Oil	A mild, antiseptic oil with stimulating cleansing qualities, it is exceptionally aromatic. Marjoram contains Vitamins A (see Retinol) and C (see Ascorbic Acid) and stimulating Niacin. It also includes Riboflavin, a part of the Vitamin B-complex (see Panthenol) that assists with skin penetration.
Marshmallow Extract	Derived from the plant <i>Althea officianalis</i> , it acts as a soothing and calming agent. It also relieves chapping and speeds healing.



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Mate Extract	See Paraguay Tea Extract.
Matricaria Chamomilla Extract	See Chamomile Extract.
Matricaria Extract	See Chamomile Extract.
Meadowfoam Oil	A highly lubricious oil from the meadowfoam plant, which is grown from Northern California to Southern Canada's Western border. Like jojoba (see Jojoba Oil), it resembles the skin's own oils yet acts like mineral oil in its ability to prevent moisture from evaporating from the skin. A superior barrier oil, it keeps skin soft and protected from harmful elements.
Meadowsweet Extract// Queen of the Meadow	The main element of aspirin, known as Salicylic Acid was first identified in the flower buds of the meadowsweet plant by an Italian professor in 1838. Its Anti-Inflammatory action makes it a valuable member of herbal folklore, calming skin problems and helping to revive sensitive skin. Meadowsweet contains Vitamin C (see Ascorbic Acid) and moisture-attracting sugars to help hydrate dry, sensitive complexions.
Melaleuca Extract	See Tea Tree Oil.
Melissa Extract	See Balm Mint Extract.
Mentha Citrata Oil	An exotic botanical oil, it provides a warming, spicy fragrance and stimulates.
Menthol	Derived from the oils of various mint plants, such as wild mint and spearmint, it provides a cooling feeling on the skin. In higher concentrations, it may be used as a local anesthetic.
Menthyl Salicylate	See Wintergreen Oil.
Methacrylic Acid	See Chamomile Extract.
Methanol // Methyl Alcohol	Derived from wood and acts as a solvent and denaturant (see SD).
Methyl Gluceth-20	The Propylene Glycol Ester of methyl glucose used extensively as a Humectant and moisturizer in personal care products. See also PEG and Glucose.
Methylchloroisothinone	An Organic Preservative, it replaces formaldehyde in cosmetic products.
Methylchorisothiazolinone	An Organic Preservative, it prevents the growth of bacteria, mold, fungus, and other contaminants in water, where most contamination occurs.
Methylstiazolinone	An Organic Preservative used in connection with Methylchorisothiazolinone.



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Methylparaben	An Organic Preservative, it prevents growth of bacteria, mold, fungus, and other contaminants in water, where most contamination occurs. Usually used in combination with other parabens, it is excreted by some molds, such as <i>Penicillium patulum</i> .
Methylsilanol Mannuronate	An Ester, it is used as a skin conditioning and moisturizing agent. See also Silica.
Mica	An FDA-approved coloring agent.
Milk Thistle Extract	Often thought of as a mere weed, this yellow-blossomed plant yields a thick, milky sap that soothes red, irritated skin, as well as calms and hydrates.
Milstetoe Extract	See Juniper Extract.
Mineral	An inorganic substance occurring in nature. The body relies on some Minerals such as Zinc, Copper, selenium, and potassium for basic metabolic life functions — reproduction, processing nutrients, and creating energy.
Montmorillonite	See Montmorillonite Clay.
Montmorillonite Clay	One of the most absorbent of all Mineral clays, it is found in the Sonoran desert in the American Southwest. Valuable for its content of vital minerals, this clay cleanses deep into the skin's surface, removing dulling, dead skin cells, unwanted oils, and other environmental impurities that can clog pores and irritate the skin.
Morus Extract	See Mulberry Leaf Extract.
Mucilage	A solution of vegetable substances and water.
Mulberry Leaf Extract	Used for centuries in China as tea, mulberry leaves are the favorite food of silkworms. The extract has Antioxidant properties.
Myristic Acid	A solid acid that is found in most vegetable fats, such as Coconut Oil and palm seed, it acts as a lathering agent.
Myristyl Alcohol	Derived from Fatty Acid, it acts as an Emollient and provides a soft feel.
Myristyl Lactate	An Emollient skin conditioner from plants and milk byproducts.
Myristyl Myristate	Derived from the Fatty Acid of Coconut Oil and nutmeg butter, it acts as an Emollient and lathering agent.
Myrrh Extract / Commiphora Abyssinica Extract	A gum resin from various trees, mostly east African and Arabian. In use since ancient times as a perfume and flavoring. In skin care, it is used to treat localized skin problems.



N.F.	The abbreviation for National Formulary, a list of cosmetic and chemical compounds used in the United States.
Natural	That which is in its natural state or which has been processed using only natural techniques, such as pressure, water, heat, or cold. While all cosmetic ingredients are taken from natural sources, not all are processed with natural techniques to offer materials whose form and effectiveness are as close to their natural source as possible.
Natural Oceanic Clay	See Clay.
Neopentyl Glycol	An Organic Lubricant. See also Neopentylglycol Dicaprate.
Neopentylglycol Dicaprate/Dicaprylate	A vegetable Ester resembling mineral oil in its ability to retain water in the skin and give creams and lotions a rich, shiny appearance and texture. See also Capric Acid, Caprylic Acid, and Glycols.
Neroli Oil	An Essential Oil from flowers of the sour orange tree, it is used primarily as a fragrance for its uplifting aromatherapeutic benefits. See also Aromatherapy.
Nettle Extract	A highly stimulating Astringent botanical from the stinging nettle plant. Nettles grow wherever there is a major land disturbance by human beings. A rich food source, nettles were a staple of the Native American diet and were used by the English during World War II for camouflage due to the plant's naturally high quantity of chlorophyll. Contains high levels of Vitamins A (see Retinol), and C (see Ascorbic Acid) — both excellent skin nutrients, plus Silica, Iron, Zinc, and protein.
Neutral Henna	See Henna Extract.
Niacin // Vitamin B3	A strong Vasodilator that quickens internal nutrients and water brought by blood to lower skin layers and moisturizes from within. It also speeds waste removal in tissues and energizes skin functions. See also Panthenol.
Nitrocellulose	Obtained by adding nitrate to cellulose, it is a biological Polymer used as a suspending agent for color cosmetics as well as a film-forming agent.
Non-Fatty Alcohol	Alcohols with low molecular weights, such as Isopropyl Alcohol, Butyl Alcohol, and ethyl alcohol. Used as solvents as well as for their Astringent action, to degrease and dehydrate skin.



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Nutmeg Extract	First introduced by the Arabs into the Eastern Mediterranean during the 12 th Century, nutmeg has one of the most interesting of all botanical histories. It was strewn onto the streets of Rome for its fumigant properties and has preceded the advancement of kings as they ascend their coronation thrones. It is a highly stimulating aromatic, quickens the circulation, and revives a dull, lackluster complexion.
Nutrient	A substance, usually a Vitamin, which provides elements for the healthy functioning of the body's metabolic processes. See also Minerals.
Nylon-12	A synthetic Polymer used as an oil-absorbing ingredient in color cosmetics, it provides a matte finish.
	
Oak Extract	The bark from the great oak tree is a powerful Astringent, possessing properties to maintain skin exposed to irritants and rough treatment. Poultice of oak bark was used by American settlers to control bleeding and cleanse inflamed skin. Oak bark is a valuable source of Minerals, containing elements such as Vitamin B12 (see Panthenol), calcium, phosphorus, Sulfur, and Iron.
Oat Beta Glucan	Derived from oat grain, it has properties similar to Cellulose Gum and acts as a conditioning and thickening agent.
Oat Extract	See Oat Powder.
Oat Powder	Finely ground absorbent powder of oats, it leaves a dry, smooth feel to the skin and prevents friction.
Oatmeal	Derived from oat grain, it acts as a mild skin smoothing and softening agent. It also Exfoliates.
Occlusive	Pertains to moisturizers containing oils and Natural waxes that retain water in the skin.
Ocimum Basilicum Extract	See Basil Leaves.
Octyl Methoxycinnamate	A Sunscreen that absorbs burning UVB ultraviolet light, and is an effective alternative to PABA.
Octocrylene	An ultraviolet light-absorbing Ester used as an active ingredient in over-the-counter Sunscreen products.
Octoxynol-9	An Organic Emulsifier, Surfactant, and dispersing agent.



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Octyl Alcohol	Derived from an Organic liquid Paraffin and converted to an Alcohol, it acts as an Emollient.
Octyl Palmitate	Derived from sources such as palm oils and butter fats, it acts as an Emollient.
Octyl Salicylate	An Organic Sunscreen, it absorbs burning UVB rays and is an effective alternative to PABA. See also Salicylic Acid.
Octyl Stearate	An Ester produced by combining a Fatty Alcohol with Stearic Acid, it provides a silkiness and velvety feel to skin.
Octylacrylamide // Acrylates // Butylaminoethyl Methacrylate Copolymer	From the salts or Esters of Acrylic Acid, it acts as a fixative in hair products.
Octyldodecanol	An Organic Emollient from plants, it improves the spreadability of products and penetrates easily.
2-Octyldodcanol	See Octyldodecanol.
Octyldodecyl Stearoyl Stearate	An Ester used as an Occlusive skin conditioning agent. Also used as a viscosity increasing agent in moisturizing preparations.
Oenothera Biennis Extract	See Evening Primrose Oil.
Oil of Myrica	See Bay Oil.
Oil of Orange	See Orange Oil.
Old Man's Beard Extract	See Clematis Extract.
Oleamide DEA	Derived from Oleic Acid, it acts as a foaming agent.
Oleic Acid	Derived from various vegetable fats and oils, it possesses skin-penetrating properties.
Oleth-5	Derived from oleyl alcohol, an Organic Alcohol that acts as an antifoaming and Wetting Agent.
Olive Oil	An exceptionally rich lubricating oil expressed from the fruit of the olive tree. Highly penetrating, it smoothes rough skin, providing a healthy luster and revitalized glow. One of the oldest ingredients used in soap, this oil produces a luxurious lather in cleansing products of all types.
Olive Oil Unsaponfiabiles	See Olive Oil and Saponify.
Orange #4	An FDA-approved coloring agent.



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Orange #5 Zirconium Lake	An FDA-approved coloring agent. See also Lake.
Orange Extract	See Orange Oil.
Orange Flower Extract	Derived from the fragrant flower of the orange tree, it acts as an antiseptic and Anti-Inflammatory.
Orange Oil	Derived from the fruit of the orange tree, it is a rich source of Ascorbic Acid and Bioflavonoid. It also acts as a refreshing and stimulating agent and is used frequently in Aromatherapy.
Orange Peel Extract	Derived from the peel of the orange fruit, it acts as a skin conditioner.
Orbignya Oleifera Extract	See Babassu Oil.
Orchid Extract	See Orchid Oil.
Orchid Oil	Derived from the South Sea flower, it acts as a smoothing and softening agent.
Orchis Morio Extract	See Orchid Oil.
Organic	Referring to substances that contain carbon, the principle element of life. When applied to botanicals, it pertains to the growth of plants without chemical fertilizers or pesticides.
Oryza Satvia Extract	See Rice Bran Wax.
Oryzanol	Derived from a variety of plants it is used in the production of fragrances.
Oxidized Polyetheylene	A combination of oxygen and Polyethylene.
Oxybenzone	Derived from Isopropyl Alcohol, it acts as a Sunscreen.
Ozokerite	See Ceresin.
PABA	Part of the Vitamin B-Complex (see Panthenol), it regulates oil gland production, making this Vitamin effective in the control of oily and blemished skin. PABA derivatives are known for their ability to absorb the sun's burning rays.
Palm Acid	See Isohexadecane.
Palm Kernel Acid	See Isohexadecane.

P



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Palm Kernel Oil	From the nut of the <i>Elaeis guineensis</i> palm family, it provides lubrication similar to Coconut Oil.
Palm Oil	See Palm Kernel Oil.
Palmitic Acid	See Isohexadecane.
Pantethine	A member of the pantothenic acid Vitamin B5 group that includes Panthenol. Recent research indicates it may penetrate farther into the skin and hair than other forms of Vitamin B5.
Panthenol	Provitamin B5; a strong Humectant, it binds moisture into surface skin layers. When it enters lower skin layers, it becomes Vitamin B5 (pantothenic acid), a vital element in healing. It reduces skin irritations and increases skin elasticity.
Papain Extract	The fruit enzyme of papaya, it dissolves dead surface cells, texturizing skin to a new appealing softness.
Papaya Leaf Extract	Derived from the leaves of the tropical fruit plant, it acts as a conditioner for hair and skin.
Paraffin	A Natural wax that provides smooth texture and ease of application for cosmetics.
Paraguay Tea Extract	Derived from the <i>Ilex paraguariensis</i> plant, it acts as an Anti-Irritant, Astringent, and stimulant.
Passiflora Camata Extract	See Passionflower Extract.
Passionflower Extract	From the various species of <i>Passiflora camata</i> , it acts as an Anti-Inflammatory.
Paulina Cupana	See Guarana Extract.
Peanut Oil	From the peanut kernel, it is a light and delicate oil that acts as an Emollient.
PEG	The abbreviation for polyethylene glycol, an Organic Alcohol. PEG usually precedes a number and ingredient name. PEGs are attached to oily substances to make them more adaptable to water.
PEG 14M	See PEG.
PEG-10 Sunflower Glycerides	See PEG, Sunflower Seed Oil, and Glyceride.
PEG-100 Stearate	Derived from Natural Fatty Acid and PEG, it acts as an Emollient and Humectant.



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PEG-12 Oleate	Derived from Oleic Acid and PEG, it acts as a thickening agent.
PEG-120 Methyl Glucose	See PEG and Glucose.
PEG-150 Distearate	Derived from coconut Fatty Acid or other plant sources and PEG, it acts as a Lubricant.
PEG-150 Pentaerythrityl Testastearate	Derived from Stearic Acid and PEG, it acts as a Vasodilator.
PEG-16 Macadamia Glycerides	See PEG, Macadamia Nut Oil, and Glyceride.
PEG-25 Soya Stearol	Derived from soy fatty Sterols and PEG, it acts as an Emulsifier and thickening agent.
PEG-4 Dilaurate	Derived from palm kernels or other plant sources and PEG, it acts as an Emulsifier.
PEG-40 Castor Oil	Derived from Castor Oil and PEG, it acts as an Emulsifier.
PEG-40 Sorbitan Peroleate	See PEG, Sorbitol, and Oleic Acid.
PEG-5 Soya Stearol	See PEG-25 Soya Stearol.
PEG-50 Oleyl Ether	Derived from Oleic Acid and PEG, it acts as an Emulsifier.
PEG-6	See PEG.
PEG-6 Caprylic // Capric Glycerides	See PEG, Capric Acid, Caprylic Acid, and Glyceride.
PEG-7 Glyceryl Cocoate	Derived from Coconut Oil and PEG, it acts as an Emulsifier.
PEG-8	See PEG.
PEG-8 // SMDI Copolymer	A synthetic Polymer used as a film-former, hair conditioner, and plasticizer. It is also used as a skin conditioner and Emollient.
PEG-8 Stearate	Derived from palm or coconut Fatty Acid and PEG, it acts as a Humectant.
PEG-80 Sorbitan Laurate	Derived from palm kernels or other plant sources and PEG, it acts as an Emulsifier and Humectant.
Pelagonium Extract	See Geranium Extract.
Pentasodium Penetate	An inorganic salt used as an Emulsifier and dispersing ingredient.



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Peppermint Leaves	See Peppermint Oil.
Peppermint Oil	From the fragrant peppermint plant it is an invigorating mint oil that contains antibacterial Menthol, one of the strongest of natural antimicrobials. It also contains azulene, the calming ingredient found in chamomile (see Chamomile Extract), and is, therefore, a soothing, cleansing, and stimulating oil when used in cosmetics.
Petitgrain Oil	Derived from the leaves, twigs, and unripe fruit of the bitter orange tree, it is used primarily in fragrance for its uplifting aromatherapeutic benefits. See also Aromatherapy.
pH	Refers to the alkalinity and acidity of hair, skin, or cosmetic preparations.
Phenol // Carbohic Acid	An Organic compound, it acts as a disinfectant and anesthetic. It may be used in the United States as an active over-the-counter ingredient.
Phenoxyethanol	Derived from Phenol, it acts as a Preservative.
Phenoxyethylparaben	Derived from Ethanol, it acts as a fixative.
Phenyl Trimethicone	Derived from Silicon, it acts as a lightweight protectant for skin and hair.
Phospholipids	Derived from various plant sources and found in living cells, these are complex fat substances that act as Humectants.
Phosphoric Acid	Derived from phosphate rock, it acts as an Antioxidant.
Phthalic Anhydride // Glycerine // Glycidyl Decanoate Copolymer	A synthetic Polymer used as a film-forming and a viscosity-increasing agent in nonaqueous systems.
Phytosterol	See Fatty Alcohol.
Phytolipids	See Phospholipids.
Phytonadione // Vitamin K	Acts as an Antioxidant.
Phytotherapy	The science of using plant (phyto) chemicals to affect the skin.
Pine Bark Extract	Derived from a variety of the pine tree family, it acts as an antiseptic.
Pine Cone Extract	A refreshing extract from the cone of the evergreen pine tree, it is highly stimulating and quickens the bringing of internal nutrients to underlying skin tissue while speeding the removal of waste that can dull skin.
Piper Methysticum Extract	See Kava Kava Extract.



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Plumeria Oil	From the fragrant and delicate blossom of Hawaii, it acts as a soothing and softening agent.
Polyacrylamide	An Organic thickening and suspending agent.
Polybutene	A plasticizing Polymer used as a building agent in color cosmetics.
Polydextrose	See Dextrose.
Polyester Resin Copolymer	A synthetic resin that provides depth, gloss, and water resistance for cosmetics.
Polyethylene Glycol	See PEG.
Polyethylene	A Polymer of Ethylene.
Polyglyceryl-3 Methylglucose Distearate	Derived from a variety of plant and vegetable oils, such as corn and palm, it acts as an Emulsifier.
Polymer	A combination of many small molecules that result in a recurring long-chain structural unit.
Polyquaternium-10	See Polyquaternium-7.
Polyquaternium-11	See Polyquaternium-7.
Polyquaternium-7	Used as a hair conditioner, film-former, and fixative. See also Quaternary Ammonium Compounds.
Polysilicone-11	Derived from Silica, it acts as a fixative.
Polysorbate-20, -60, -80	Derived from Lauric Acid, the polysorbates are Organic Preservatives and Emulsifiers.
Polyvinyl Alcohol	A synthetic resin that provides depth, gloss, and water-resistance for cosmetics.
Potassium Chloride	A salty Mineral combination found in hot springs and other waters renowned for their healing qualities.
Potassium Sorbate	A Preservative important in formulations relying on biologically active ingredients, it may be Organic or synthetic.
PPG	The abbreviation for Propylene Glycol.
PPG-2 Myristyl Ether Proplonate	An Ester used as a skin-conditioning agent in cosmetics, lotions, and creams. See also Propylene Glycol.



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PPG-5-Ceteth-20	A Surfactant used as an Emulsifier. See also Propylene Glycol.
Preservative	Ingredients that keep cosmetics fresh, preventing spoilage by such harmful contaminants such as bacteria, mold, yeast, fungus, and viruses. Garden Botanika uses blends of preservatives to effectively protect from a wide range of contaminants, yet the total percentage of each blend is less than one percent of any given formula.
Propylene Glycol	An Organic Humectant, Wetting Agent, and solubilizer, it easily absorbs into surface skin layers and attracts moisture to increase skin hydration. A base for many herbal extracts, it attracts both oil and water fractions of the herb. According to the Cosmetic Ingredient Review panel, it is safe for use as a cosmetic ingredient in concentrations of up to 50 percent. See also Glycols.
Propylene Glycol Dicaprylate/Dicaprate	A blend of Propylene Glycol and a vegetable Ester resembling mineral oil in its ability to retain water in the skin. It gives creams and lotions a rich, shiny appearance and texture.
Propylene Glycol Laurate	Acts as an Emulsifier. See also Propylene Glycol and Lauric Acid.
Propylene Glycol Stearate	A blend of Propylene Glycol and a form of Stearic Acid that acts as an Emulsifier.
Propylparaben	Organic Esters used as Preservatives and antifungal and antibacterial agents.
Pumice	Ground from volcanic rock, it acts as an exfoliant (see Exfoliate).
Purified Water	Water that has had all Minerals, bacteria, and other impurities removed, and has a consistent pH of 7.0.
Purple Coneflower Extract	See Coneflower Extract.
PVP	A film-forming Organic Polymer, it thickens lashes and makes them appear longer.
PVP / Hexadecene Copolymer	A film-forming Organic Polymer, it provides elasticity and reduces tact.
PVP / VA Copolymer	A film-forming synthetic copolymer, it is used as a hair fixative.
Pyrus Cydonia Extract	See Quince Seed Extract.



Q

Quaternary Ammonium Compound	Synthetic derivatives of Ammonium Chloride that act as Preservatives, Surfactants, germicides, sanitizers, antiseptics, or deodorants.
Quaternium 15	One of the few inorganic Preservatives used, it was originally developed for use in the cosmetic industry. It is highly effective in preserving against some of the more virulent contaminants that can grow in Emulsion systems.
Quaternium 18 Bentonite	Derived from Bentonite, it suspends pigments in Emulsions forming lipsticks, eye products, and foundations.
Queensland Nut Oil	See Macadamia Nut Oil.
Quillaja Saponaria Extract	See Soap Bark Extract.
Quince Seed Extract	Derived from the seed of a plant grown in Europe and Southern Asia, it produces a thick jelly that acts as a thickener, Emulsifier, and suspending agent.

R

Radix Lithospermi Extract	See Lithospermum Extract.
Radix Rehmanniae Extract	See Rehmannia Extract.
Red #17	An FDA-approved coloring agent.
Red #27	An FDA-approved coloring agent.
Red #27 Lake	An FDA-approved coloring agent. See also Lake.
Red #28	An FDA-approved coloring agent.
Red #33	An FDA-approved coloring agent.
Red #4	An FDA-approved coloring agent.
Red #40	An FDA-approved coloring agent.
Red Clover Extract	From the deep red blossom of the wild clover, it was used as a red dye by Native Americans. Red clover was also relied upon to soothe problems connected with itchy, flaking skin and scalp.



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Rehmannia Extract	Derived from the Chinese herb <i>Raxix rehmanniae</i> , it acts as a soothing and cooling agent.
Retinol	More commonly known as Vitamin A, it is a vital component of all cells. Needed for cell regeneration, it restores skin's smooth texture and fights dryness and signs of aging.
Retinyl Bisabolol	A blend of Retinyl Palmitate and alpha-bisabolol (see Bisabolol) from German Chamomile. A powerful calmative, it helps revive tired, dull, and lackluster skin and balances the skin sensitive nature. See also Chamomile Extract.
Retinyl Palmitate	The Antioxidant form of oil-soluble Vitamin A, it energizes cells and scavenges Free Radicals. It also texturizes and conditions rough, scaly skin. It is sometimes referred to as a 'Retin A' equivalent, which it is not. It protects vegetable oils from rancidity, therefore, it is said to be a Preservative, but it does not preserve against bacteria.
Rhus Succedanea Extract	See Japan Wax.
Ribes Nigrum Extract	See Black Currant Extract.
Riboflavin	More commonly known as Vitamin B2 — an essential Vitamin in cell growth and development — it is vital to the skin's repair process. See also Panthenol.
Rice Bran Wax	Wax from the bran or outer roughage of rice, it coats hair with a thin, lightweight film, and thickens and revives highlights.
Rice Starch	From the grains of the rice plant, it is an Emollient powder that provides a soothing and protective film.
Ricinus Communis Seed Oil	See Castor Oil.
Roman Chamomile Extract	See Chamomile Extract.
Rose Extract	Roses are perhaps the most widely used of all plants in the tradition of natural beauty. Astringent and Emollient, most types of roses contain an active ingredient, Farnesol, which is also found in mushrooms, lily of the valley, and champagne.
Rose Geranium Extract	Derived from various South African herbal plants, it is used primarily as a fragrance for its aromatherapeutic benefits. See also Aromatherapy.
Rose Hip Seed Oil	See Rose Hips Extract.
Rose Hips Extract	From the fruit of various wild rose plants, it is a rich source of Ascorbic Acid.
Rose Hips Oil	See Rose Hips Extract.



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Rose Oil	Derived from the rose flower, it is extremely aromatic and soothing to the skin, and is known to be one of the world's oldest fragrance and skincare ingredients. See also Aromatherapy.
Rosemary Oil	From the aromatic herb, it acts as a Vasodilator, antiseptic, and Anti-Inflammatory. It also stimulates circulation and detoxifies skin tissue. Its light, clear fragrance is frequently used in Aromatherapy.
Rubefacient	Rubefacients stimulate the activity of oil-secreting glands and increase circulation to the scalp.
Rutin	Derived from plants such as buckwheat and myrtle, it acts as a skin and hair conditioner and Antioxidant.

S

Saccharide	A large class of ingredients that are a fundamental component of skin tissue, they are essentially a group of complex sugars, starches and celluloses. These substances, in association with protein, bind water and other cellular elements so they remain intact, forming a matrix that holds skin cells together.
Saccharide Isomerate	A mixture of sugars. See also Glucose.
Saccharomyces	Yeast extracts that convert sugar to carbon dioxide and Alcohol, they act as conditioning agents.
Saccharomyces / Copper Ferment	See Saccharomyces.
Saccharomyces / Iron Ferment	See Saccharomyces.
Saccharomyces / Magnesium Ferment	See Saccharomyces.
Saccharomyces / Silicon Ferment	See Saccharomyces.
Saccharomyces / Zinc Ferment	See Saccharomyces.
Safflower Oil	From the seeds of the safflower plant, known for its light, unstaturated oil, it will not clog pores or weigh down the hair. A rich source of Linoleic Acid and other Fatty Acid, it helps restore the natural oil balance of the skin and hair.



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Sage Oil	From the fragrant herb, it acts as an antiseptic, Astringent, and Vasodilator, and helps control bacterial growth and reduce the occurrence of blemishes, It supports the internal cleansing process of skin tissue. A Natural deodorant, it suppresses perspiration. It is frequently found in household disinfectants and naturopathic remedies for eczema, insect stings, and related skin disorders.
Salicylate	Salts of Salicylic Acid.
Salicylic Acid	Found in various leaves and plants, such as birch and willow bark, it acts as an antimicrobial, antiseptic, fungicide, and Preservative. Extremely effective for acne sufferers, it reduces bacteria and sloughs away dead surface skin cells. It has properties similar to aspirin and should not be used by those allergic to aspirin. May also be classified as a Beta Hydroxy Acid.
Salts	Formed by the reaction of a base with an acid. The uses of salts are preferred over that of acids and bases since salts may be more stable due to their greater water solubility. Salts are used for their chemical effects and properties such as hair waving; a Humectant, sweetener, and thickener.
Sambucus Extract	See Elder Flower Extract.
Saponaria Extract // Soapwort Extract	It was used by Indians of the American Southwest for its cleansing and sudsing properties. It contains a large quantity of hormone-like 'saponins', common herbal constituents that produce a soapy lather.
Saponify	To convert to soap by adding alkalis to fat with Glycerol.
Sarcosinate	From various sea extracts and caffeine, they act as foaming agent.
Sargassum Filipendula Extract	See Algae Extract.
SD	The abbreviation for Specially Denatured, the process in which Alcohols are made unfit for consumption by the addition of an unpleasant fragrance.
SD Alcohol 39C	See SD Alcohol 40.
SD Alcohol 40	A solvent with quick-drying properties, it is used as a base and carrying agent and solubilizes oil materials. In large quantities it can be dehydrating to the skin. See also SD.
SD Alcohol 40-B	See SD Alcohol 40.
Sea Kelp Extract	See Kelp Extract.
Sea Minerals Complex	A compound of Minerals found in various sea plants, this complex provides minerals similar to those of sea plants to improve skin texture and moisture content. See also Irish Moss Extract and algae (see Algae Extract).



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Sea Salt	Mineral salts derived from the sea, it acts as skin conditioners and exfoliants (see Exfoliate).
Seaweed	A group of sea plants of all sizes and shapes, they have a gelatin-like consistency. Many types of seaweed have Antioxidant and Anti-Inflammatory properties.
Self-Emulsifying Wax N.F.	An Organic wax that assists in combining the water and oil phases of a cream or lotion.
Sesame Oil	An Emollient oil that is extremely compatible with the skin's own oils; it is, therefore, an ideal Lubricant and base for many creams and lotions.
Sesamum Indicum Oil	See Sesame Oil.
Shea Butter	A Natural Emollient from the karate tree, it forms a protective barrier between the skin and its environment, and provides soothing moisture for dry skin.
Silica	A form of Silicon, found in sand, it absorbs excess skin oils and helps to slow oil gland production. Required by skin cells to produce healthy tissue for the formation of healthy hair, it is found in horsetail (see Horsetail Extract), watercress (see Watercress Extract), birch (see Birch Extract), and other botanicals.
Silicon	See Silica.
Silicone	Substance derived from Silica, its unique fluid properties give it a great deal of slip, feeling like silk on the skin, imparting emolliency (see Emollient), and acting as a water-binding agent that holds up well, even when skin becomes wet. In other forms, it is also used extensively for wound healing and for improving the appearance of scars.
Simethicone	Derived from silicone oil, it acts as a skin protectant and antifoaming compound.
Simmonosia Chinesis Oil	See Jojoba Oil.
Slippery Elm Bark Extract	The bark of the slippery elm tree produces a thick substance rich in water-binding saccharides. Poultices of slippery elm bark were used by Native Americans to draw out impurities in the skin and soothe inflammations with its superior hydration action. It contains Vitamin E (see Tocopherol), Essential Fatty Acids, Bioflavonoid, Iron, selenium, Copper, and Zinc.
Soap Bark Extract	See Saponaria Extract.
Soda Ash	See Sodium Carbonate.
Sodium Acrylate	Salts of Acrylic Acid.



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Sodium Ascorbyl Phosphate	Salts of Ascorbic Acid.
Sodium Benzoate	The sodium salt of Benzoic Acid, it is a mild Organic Preservative with antiseptic activity.
Sodium Bicarbonate	A mineral-derived skin conditioner, its alkaline pH helps soften skin. See also Minerals.
Sodium Borate	Also known as borax. A salty substance that temporarily raises the pH of the skin to allow for easy removal of hardened, dead surface skin cells. Astringent and slightly antiseptic, it is sometimes used as a mild Preservative.
Sodium C12-15 Alcohols Sulfate	An Organic Emulsifier derived from plants and Sulfur, it makes oils easier to remove from skin and hair.
Sodium C8-16 Isoalkylsuccinyl Lactoglobulin Sulfonate	Derived from milk protein, it acts as a conditioning agent.
Sodium Carbonate	Found in ores, lake brines, or seawater, it acts as a Humectant.
Sodium Carboxymethyl Beta-Glucan	See Beta Glucans.
Sodium Cetyl Sulfate	Derived from Cetyl Alcohol and Coconut Oil, it acts as a mild cleansing and degreasing agent.
Sodium Chloride	Also known as common table salt, it stabilizes the pH of many cosmetic formulations, providing thickness and supporting long-term emulsification (see Emulsion).
Sodium Coco PG-Dimonium Chloride Phosphate	Used as a cleansing and conditioning agent in skin care products. See also Quaternary Ammonium Compound.
Sodium Cocoyl Isethionate	Derived from the sodium salts of the coconut Fatty Acid isethionic acid, it acts as a cleansing agent.
Sodium Hyaluronate	A form of Hyaluronic Acid, it acts as a strong Humectant.
Sodium Hydroxide	An Organic compound it is used as a base for soaps.
Sodium Lactate	Derived from various plants, it is a greaseless, oil-free Humectant similar to Glycerine that improves the thickness of creams and lotions and assists with ingredient dispersion.
Sodium Laureth Sulfate	Also known as Sodium Lauryl Sulfate, it is derived from plant Fatty Alcohol and Sulfur. It acts as a foaming and degreasing agent and Emulsifier.



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Sodium Laureth-13 Carboxylate	Derived from palm kernel and other plant sources it acts as a foaming agent and gentle cleanser.
Sodium Lauroyl Oat Amino Acids	See Amino Acid and Oat Extract.
Sodium Lauroyl Sarcosinate	Derived from palm kernel and other plant sources and Sarcosinate, it acts as a foaming agent and gentle cleanser.
Sodium Lauryl Sulfate	See Sodium Laureth Sulfate.
Sodium Myreth Sulfate	Derived from Myristic Acid, sodium, and Sulfur, it acts as a degreasing and foaming agent.
Sodium Myristate	Derived from Myristic Acid, it acts as a lathering agent.
Sodium Palm Kernelate	Salts of Palm Kernel Oil.
Sodium Palmate	Salts of Palm Kernel Oil.
Sodium PCA	One of the primary components of skin that maintains water balance by attracting moisture into the Intercellular Fluid surrounding skin cells. It keeps skin pliant, supple and youthfully resilient.
Sodium Plamitate	Salts of palmitric acid. See also Isohexadecane.
Sodium Polyaspartate	The salts of Aspartic Acid.
Sodium Sesquicarbonate	Effervescent salt found in bubbling hot springs and other waters renowned for their healing qualities.
Sodium Silicoaluminate	See Silica.
Sodium Sulfate	Also known as glaubers salt or salt cake, it is a naturally occurring Mineral used medicinally to reduce edema or water retention.
Sodium Trideceth Sulfate	Derived from sodium, Sulfur and Tridecyl Alcohol, it acts as a mild cleansing and foaming agent and Emulsifier.
Sodium-Cocoate	See Coconut Oil.
Solubilized Wheat Protein	Derived from wheat grains, it is a protein that has been made soluble (more adaptable to liquids). Wheat proteins are similar to those found in the human body and add strength, flexibility and shine to hair.



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Solubilized Wheat Starch	Derived from wheat grains, it is a starch that has been made soluble (more adaptable to liquids). Wheat starch contains proteins that are similar to those found in the human body and add strength, flexibility and shine to hair.
Somondsia Chinesis Oil	See Jojoba Oil.
Sorbic Acid	A white powder obtained from the berries of the mountain ash and other plants, it inhibits growth of mold and yeast and prevents water evaporation.
Sorbitan Oleate	An Ester of Sorbitol and Oleic Acid found in many vegetable oils, it acts as an Emollient and Emulsifier.
Sorbitan Peroleate	See Sorbitol.
Sorbitan Sesquioleate	Derived from Sorbitol and Oleic Acid, it acts as an Emulsifier.
Sorbitan Stearate	See Sorbitol and Stearic Acid.
Sorbitol	Derived from various fruits such as berries, cherries, plums, pears and apples, it is also found in algae (see Algae Extract) and acts as a Humectant and provides a velvety feel to skin.
Southernwood Extract	Derived from the <i>Artemisia abrotanum</i> shrub, it adds shine and moisture to hair.
Soy Phospholipids	See Soya Bean Oil and Phospholipids.
Soy Protein	Soy beans are plentiful sources of plant proteins, highly effective alternatives to animal proteins in cosmetic products. They thicken the hair and restore smoothness to skin.
Soy Stearols	See Soya Stearols.
Soya Bean Oil	From the soy bean, this light-weight oil is a rich source of Fatty Acid required for smooth, lustrous skin and hair. They are quickly absorbed by the skin and scalp.
Soya Stearols	A naturally derived Emulsifier from Soya Bean Oil.
Soybean Oil	See Soya Bean Oil.
Sparrowgrass Extract	See Asparagus Officinalis Extract.
Spearmint Oil	A cooling and refreshing oil from the leaf of the spearmint plant, it stimulates, revives dull, lackluster skin and increases vigor and activity for balancing skin's health.



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Spermaceti	A pearly white, fatty substance obtained from the cavities of the head of the cachalot (sperm) whale, <i>Physeter macrocephalus</i> , by hot water treatment. This wax contains fatty Esters (65–95%) but also Triglycerides (5–30%), free Alcohols (1–5%) and acids (0–3%).
SPF	The abbreviation for Sun Protection Factor, the measuring system approved by the FDA to convey how much protection a Sunscreen provides. Multiply the SPF number by the time it takes for an individual to burn; for example: If burn time is 15 minutes, and SPF 2 would provide 30 minutes of protection, while and SPF 15 would provide 225 minutes, or three hours and forty-five minutes of protection.
Sphingolipids	A group of fats that produce amino glycols. See also Glycols.
Spirea Extract	See Meadowsweet Extract.
Spirulina Extract	From microalgae found in the sea, it is a rich source of Beta Carotene and essential Amino Acid.
Squalane	Derived from wheat germ, olives and rice bran, it is an oil-like Lipid found naturally in human skin. It acts as a softening and retexturizing agent.
Squalene	See Squalane.
St. John's Wort	See Hypericum Extract.
Stearalkonium Chloride	A nitrogen—based compound that conditions the hair by detangling, removing static charge and making comb-outs easier. It also reduces chances of hair breakage during styling.
Steareth-2	Derived from Stearyl Alcohol, the number indicates the degree of liquidity. The higher the number, the more solid. It is used as an Emulsifier in skin care products.
Steareth-21	See Steareth-2.
Steareth-5	See Steareth-2.
Stearic Acid	A Fatty Acid used as an Emollient and agent to help keep other ingredients intact in a formulation. Derived from such sources as butter acids and cascarilla bark. See also Fatty Acid.
Stearyl Alcohol	An Organic Alcohol, it acts as an Emulsifier and antifoaming and lubricating agent.
Stearyl Glycyrrhetinate	The Ester of Stearyl Alcohol and Glycyrrhetic Acid, it is used as an Antioxidant and moisturizer in personal care formularies.



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Steralkonium Hectorite	Used as a suspending agent in color cosmetics. See also Quaternary Ammonium Compound.
Sterols	Any of a class of Alcohols derived from plants that act as Lubricants.
Styrene // Acrylates Copolymer	A synthetic Polymer used as a film-forming agent.
Sucrose	A Humectant sugar that, when combined with other sugars and Amino Acid, has equal water-binding power as the skin.
Sugar Cane Extract	See Sucrose.
Sugar Maple Extract	From the <i>Acer saccharinum</i> tree, it acts as a skin conditioner.
Sulfonated Oils	The process in which oils are prepared with sulfuric acid. These oils act as conditioners and are effective in both hard and soft water.
Sulfur	An inorganic Mineral, it acts as an antibacterial and absorbing agent.
Sunflower Seed Oil	A lightweight oil from the seeds of the brilliant yellow sunflower blossom, it is valued for its rich content of essential Fatty Acid, the Lipids found in skin's Intercellular Fluid. Fatty Acids are essential for skin health, providing round-the-clock protection against dryness and aging. Sunflower oil helps restore smoothness to the skin, producing a more radiant, vibrant and youthful complexion.
Sunscreen	Legally, those products or ingredients that absorb or block UVB light, the primary burning ray. Broad-spectrum sunscreens also absorb or block UVA light, known for its aging effects on the skin and degenerative effects on hair. Both UVA and UVB are known cancer-inducing rays. Examples of sunscreen ingredients are: Octyl Methoxycinnamate, Benzophenone-3 and Titanium Dioxide.
Surface Acting Agent	See Surfactant.
Surfactant	Also known as surface active agents, it is any ingredient that reduces the surface tension in water, between water and another liquid, or between a liquid and a solid. Many surfactants are cleansers or Emulsifiers. To cleanse, a surfactant interposes itself between dirt and the object being cleansed, thus separating the two and allowing for easy rinsing. Examples of surfactants are Sodium Lauryl Sulfate and Sodium Laureth Sulfate.
Sweet Almond Meal	See Almond Meal.
Sweet Almond Oil	A light-weight, all-purpose oil from the almond kernel, it contains Oleic Acid.
Sweet Orange Essential Oil	See Orange Oil.



Talc	Derived from magnesium silicate, it acts as an absorbent and provides a smooth or slippery feel. Safe for use in liquids, although in powder form it can lead to the development of respiratory problems and increase the risk of the development of ovarian cancer.
Tangerine Peel Extract	From the peel of the tangerine fruit, it acts as a skin conditioner.
Tapioca Starch	Derived from the cassava root, it acts as a thickening agent.
Taraxacum Officinale Extract	See Dandelion Extract.
Tea Tree Oil	Named by Captain Cook's crew when they made a pungent tea from the leaves of this Australian native tree, Aborigines have long believed that it is able to fight evil spirits threatening the body. Valued by herbalists as a potent antifungal, antiviral and antibacterial oil, it is good for foot problems, problems of the skin such as blemishes and flaking, and itching scalp. It is one of the most powerful of all Essential Oils.
TEA-Carbomer 940	A blend of Triethanolamine and Carbomer 940, it thickens and stabilizes creams, lotions and gels.
TEA-Carbomer 941	A blend of Triethanolamine and Carbomer 941, it thickens and stabilizes creams, lotions and gels.
TEA-Dodecylbenzenesulfonate	A Surfactant used in cleansing preparations such as shampoos and bath gels. See also Sulfonated Oils.
TEA-Lauryl Sulfate	Acts as a cleanser and Emulsifier. See also Sodium Laureth Sulfate.
TEA-Sterate	An Organic Emulsifier and thickening agent.
Tetrasodium EDTA	From powdered sodium salt, it chelates, or attaches to, Minerals in formulas that would cause color-fading or other forms of destabilization if left to float free in the product.
Tetrasodium Etidronate	See Tetrasodium Etidronate.
Thickener	An ingredient that increases the viscosity, or thickness, of a product. Examples include Stearic Acid, Cetyl Alcohol, Carbomer 934 and Triethanolamine.
Thyme Extract	Native to countries surrounding the Mediterranean Sea, it is now a common kitchen herb. A stimulating Astringent, it is highly effective on blemished complexions, oily skin and flaking scalps.



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Thyme Oil	Refreshing and cooling, it stimulates to support the skin and scalp's internal cleansing systems. See also Thyme Extract.
Titanium Dioxide	A white, inorganic clay, it gently absorbs excess oils and other impurities. Excellent for dry, dehydrated or sensitive skin. It is also a broad-spectrum Sunscreen, absorbing both UVA and UVB rays. A new technique pulverizes, or 'micronizes', the normally white Mineral until it is invisible when applied to the skin. When micronized, it is an ideal low-allergy, non-irritating ingredient.
Tocopherol	The form of Vitamin E that actively scavenges Free Radicals in the product, not on the skin.
Tocopheryl Acetate	The Antioxidant form of Vitamin E that is stable in the product, becoming active as a Free Radical scavenger only when it comes in contact with the skin. Epidermal enzymes cleave the acetate away from the Tocopherol molecule, activating the antioxidant within the skin. Research has shown one molecule of Tocopheryl Acetate can scavenge up to 50 free radical particles within the skin or at surface level where smog, cigarette smoke and other contaminants cause problems. It may also offer some natural Sunscreen ability when applied regularly to the skin.
Tocopheryl Linoleate	A blend of Tocopheryl Acetate and Linoleic Acid, a natural constituent of the Intercellular Fluid holding epidermal cells in place. It holds moisture between skin cells for up to 20 hours, resulting in a moisture 'reservoir' that gives skin a new, naturally smoother texture, a younger feel and pliability. It also provides some Antioxidant benefits.
Tocotrienol	Found in Soya Bean Oil, Canola Oil and various vegetable oils, it protects the Phospholipids from Free Radical damage by acting as an Antioxidant.
Tosylamide // Epoxy Resin	A synthetic Polymer used in nail polishes, enamels and base coats as a film-forming and suspending agent.
Tricalcium Phosphate	An anti-caking agent composed of the natural Minerals calcium and phosphate.
Triclocarban	An Organic chemical, it acts as an antibacterial and antiseptic.
Triclosan	Derived from Phenol, it is a broad-spectrum antibacterial agent.
Tridecyl Alcohol	An Organic Alcohol that acts as an Emulsifier.
Tridecyl Stearate	See Tridecyl Alcohol and Stearic Acid.
Tridecyl Trimellitate	An Organic fatty Ester, it provides a light lubricious feel to creams, lotions and other systems.
Triester of Glycerine	Derived from Glycerine, it acts as a Humectant, Lubricant, Emulsifier and Emollient.



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Triethanolamine	An Organic alkaline solution, it adjusts pH and reacts with Carbomer 934, 940 or 941 to thicken Emulsions or form stable gels. It can be combined with other ingredients; for example: TEA-Lauryl Sulfate.
Triethanolamine Lauryl Sulfate	A water-loving foaming cleanser and Emulsifier derived from Triethanolamine, plant Fatty Alcohol and Sulfur. A mild cleanser, superior in its effectiveness on oily skin.
Triglycerides	See Glyceride.
Triheptanoin	The trimer of Glycerine and heptanoic acid. Used an Occlusive refatting ingredient in skincare preparations.
Trimethyl Pentanyl Diisoburate	An Ester that is used as a plasticizer. See also Ethanol.
Trisodium EDTA	See Tetrasodium Etidronate.
Triticum Vulgare Oil	See Wheat Germ Oil.
Tromethamine	Derived from the reduction of nitro compounds it acts as an Emulsifier.
U	
Ubidecarenone	An Organic solvent.
Ubiquinone	May be Natural or synthetic and is similar in chemical function to Vitamins E and K. It acts as an Antioxidant and skin conditioner. See also Tocopherol, Tocopheryl Acetate, Tocopheryl Linoleate and Phytonadione.
Ultramarine Blue	An FDA-approved coloring agent.
Ultramarine Pink	An FDA-approved coloring agent.
Ultramarines	FDA-approved coloring agents.
Umbelifarae	See Centella Asiatica Extract.
Undecylenoyl PEG-5 Paraben	See Castor Oil and PEG.
Urea	A powerful Humectant originally from animal urine, it is now produced synthetically from vegetable sources. It is valued by dermatologists for its water-binding, hydrating qualities.
US Green	An FDA-approved coloring agent.
Usnea Barbata Extract	See Lichen Extract.



V

Valerian Extract	Also known as valerian root, it is a powerful sedative and calms reddened or sensitive complexions and smoothes flaking, scaly skin. It eases signs of stress and nervous tension and is a rich source of Magnesium, potassium, Copper and Zinc.
Vanilla Oil	From the vanilla plant of Mexico and the West Indies, it is used primarily as a fragrance for its aromatherapeutic benefits. See also Aromatherapy.
Vasoconstrictor	A substance, such as an Essential Oil, that constricts capillaries in the skin. Constriction causes a balancing of the skin, can induce itching and prevent fluids from building up in tissue.
Vasodilator	A substance, such as an Essential Oil, that dilates capillaries in the skin. Dilation causes reddening of the skin, speeds the removal of wastes from tissue and increases water and nutrients in the area where dilation is induced. Vasodilation is integral to many body processes, including correcting inflammation, healing wounds and supporting youthful, healthy tissue.
Vegetable Protein	Derived from various vegetables, they are used for their similarity to human proteins.
Vetyl Esters	Derived from vetol, or vegetable palm oils, and their Esters, it acts as an Emollient.
Vinyl Dimethicone Crosspolymer	Derived from Dimethicone and vinyl polymers, it acts as a surface coating agent.
Violet #2	An FDA-approved coloring agent.
Violet Extract	From the leaves and flowers of the violet plant, it is used primarily as a fragrance for its aromatherapeutic benefits. See also Aromatherapy.
Vitamin	A combination of the Latin 'vita' meaning life and 'amine', it is an Organic compound containing nitrogen. Coined in the early 20 th Century by Casimir Funk, the discoverer of thiamine and Niacin, part of the Vitamin B-complex. Vitamins are essential to life. With only a few exceptions, they are supplied by food since they cannot be made by the human body. They are involved in virtually all of life's processes, including cell growth, hormone production and tissue formation.
Vitamin A	See Retinol or Retinyl Palmitate.
Vitamin B	See Pantethine or Panthenol.



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Vitamin C	See Ascorbic Acid and Panthenol.
Vitamin D	See Ergocalciferol.
Vitamin E	See Tocopherol, Tocopheryl Acetate, or Tocopheryl Linoleate.
Vitamin K	See Phytonadione.
Vitis Vinifera Extract	See Grapeseed Oil.

W

Walnut Hull Extract	See Black Walnut Extract.
Watercress Extract	From the common watercress, a spicy salad accompaniment, it helps regulate oil gland activity without drying the skin. A rich source of Vitamins A (see Retinol), C (see Ascorbic Acid), D (see Ergocalciferol) and E (see Tocopherol), it also contains the trace minerals silicon (see Silica), Sulfur and manganese.
Waterproof	In Sunscreens, any sunscreen that is still active after exposure to water or perspiration for up to 40 minutes.
Water-Resistant	In Sunscreens, any sunscreen that is still active after exposure to water or perspiration for up to 40 minutes.
Wetting Agent	A water-soluble ingredient that lowers the tension between a product and the skin, improving the spreading of the product and making cleansing easier. An example is Sodium Lauryl Sulfate.
Wheat Amino Acids	See Wheat Oligosaccharides.
Wheat Germ Glycerides	Sugar-based Humectants from the germ of wheat, they possess a powerful water-binding capacity, correcting dehydration and making skin soft, supple and resilient.
Wheat Germ Oil	A rich, lubricious oil from the germ of wheat, it contains Vitamin E (see Tocopherol) and Squalane for age-fighting benefits.
Wheat Oligosaccharides	A moisture-binding form of wheat, it conditions and softens hair and skin.
Wheatgermamidopropyl Diemethylamine Hydrolyzed Wheat Protein	A protein derivative used as an excellent hair and skin care conditioning agent.
White Beeswax	See Beeswax.



GARDEN BOTANIKA®

White Nettle Extract	See Nettle Extract.
White Oak Extract	See Oak Extract.
Willow Bark Extract	From the willow tree, it is a source of Salicylic Acid.
Wintergreen Oil	Also known as Menthyl Salicylate, it can be found in sweet birch or teaberry oil. It has a cooling, stimulating and refreshing effect on the skin.
Witch Hazel Extract	Also known as <i>Hammamelis</i> , it is a traditional remedy of Native Americans, who used cooling witch hazel to cleanse wounds and irritations and to soothe dehydrated, sensitive skin.
Wolf's Bane Extract	See Arnica Extract.

X

Xanthan Gum	A thickening gum from the <i>Xanthomonas campestris</i> plant, it is also called corn sugar gum.
Xanthomonas Compestris Extract	See Xanthan Gum.

Y

Yarrow Extract	Yarrow derives its Latin name, <i>Achillea millifolium</i> , from a legend that Achilles used the plant's wound-healing powers on his men. Poultices of yarrow make this fragile-leaved botanical a common folk remedy for healing wounds and controlling bleeding; its folk name is 'nosebleed'. Excellent for blemished and sensitive skin, it contains Vitamins A (see Retinol), C (see Ascorbic Acid), and E (see Tocopherol), plus essential Fatty Acid, manganese, Copper, potassium and Iron.
Yellow #10	An FDA-approved coloring agent.
Yellow #11	An FDA-approved coloring agent.
Yellow #5	An FDA-approved coloring agent.
Yellow #6	An FDA-approved coloring agent.
Ylang Ylang Oil	From the flowers of the Filipino plant, it is used primarily as a fragrance for its aromatherapeutic benefits. See also Aromatherapy.



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Yucca Extract	Native Americans in the Southwest have used yucca for hundreds of years to treat inflammation and to naturally cleanse the skin and hair. In cosmetics, it calms while it supports the process of gentle cleansing.
Yucca Schidigera Extract	See Yucca Extract.
Z	
Zea Mays Oil	See Corn Oil.
Zinc	An essential trace Mineral found in many plants, including aloe (see Aloe Vera Extract), burdock (see Burdock Extract), slippery elm (see Slippery Elm Bark Extract) and valerian (see Valerian Extract). Recent studies indicate that viruses cannot live in zinc. See also Zinc Oxide.
Zinc Oxide	Inorganic clay containing the trace Mineral, is a traditional remedy for blemished and irritated skin. Derived from Zinc, it acts as an Astringent, antiseptic and protectant, and is used as a coloring agent. See also Minerals.
Zinc Stearate	A combination of Zinc and purified Stearic Acid, it makes powders waterproof and able to adhere to skin and soothe. See also Minerals.