



# INGREDIENTS

Key ingredients for enhancing  
the skin microbiome





# SYNERGISTIC FORMULATION

- The ingredients work together synergistically to enhance, strengthen and re-build the skin microbiome.
- The formulation's effect is greater than the sum of its parts and creates the right conditions for skin microbial biodiversity to thrive.





# AMLA

*(Emblica Officinalis)*

- A bioactive that has the capacity to scavenge free radicals due to its significant antioxidant properties.
- Free radicals cause molecular damage to lipids, DNA & proteins, leading to cell damage, impaired functioning, and even cell death.
- 2008 study showed how Amla elevates mitochondrial activity of skin fibroblasts & promotes the production of procollagen.
- Protects against heavy metal induced cellular damage.

IMPORTANCE FOR THE SKIN MICROBIOME





# CINNAMON

*(Cinnamomum Zeylanicum)*

- Cinnamon is key to maintaining healthy skin and is an established traditional remedy for various skin problems.
- A study published in the *Journal of Advanced Pharmaceutical Technology & Research* notes that the use of cinnamon oil can benefit those who face acne problems.
- Cinnamon is an extremely powerful antioxidant that protects you against the damage caused by free radicals.
- A study published on the *US National Library of Medicine* explains how cinnamon makes an excellent anti-inflammatory agent.

IMPORTANCE FOR THE SKIN MICROBIOME

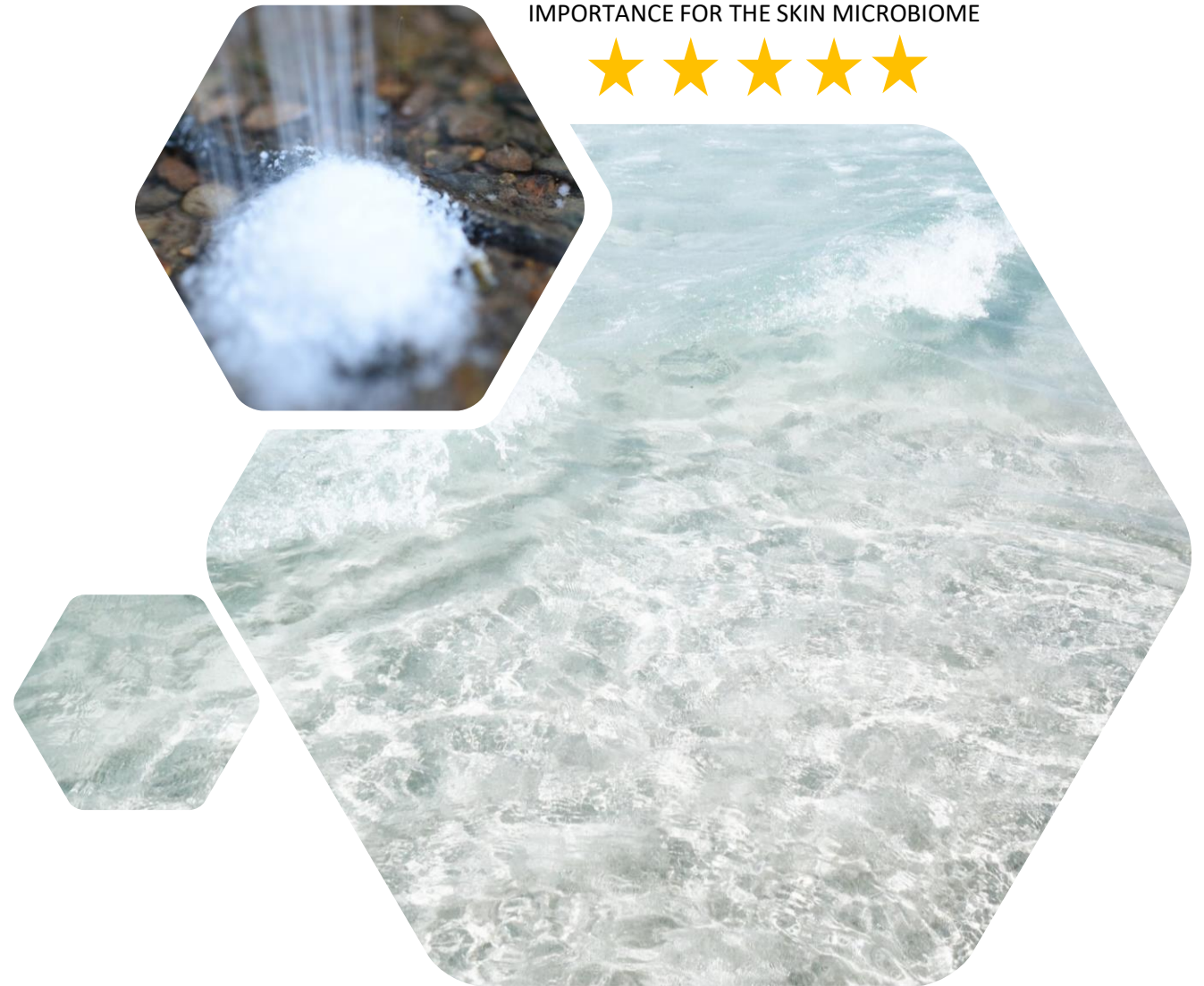




# SEA SALT

*(Maris Sal)*

- Salt is a key component in building the skin's natural defences:
- Stimulates the skin's own natural activity
- Restores balance to greasy or dry skin
- Stimulates the metabolic activity of the skin
- Reduces impurities
- Regulates the moisture content of the skin
- Renews the complexion and reduces wrinkling
- Provides the skin with minerals and trace elements.





# CASSIA

*(Cinnamomum Cassia)*

- In use for more than 4,000 years for treating a wide range of skin problems including acne. This oil works well as an anti-viral and anti-fungal agent and so can be used to treat viral and fungal infections of the skin.
- Contains large amounts of highly potent antioxidants that neutralise free radicals and have potent anti-inflammatory properties.
- Safeguards the skin and can be used to deal with acne naturally. It heals cuts as well as sores and is a natural remedy for rashes and skin irritations.

IMPORTANCE FOR THE SKIN MICROBIOME



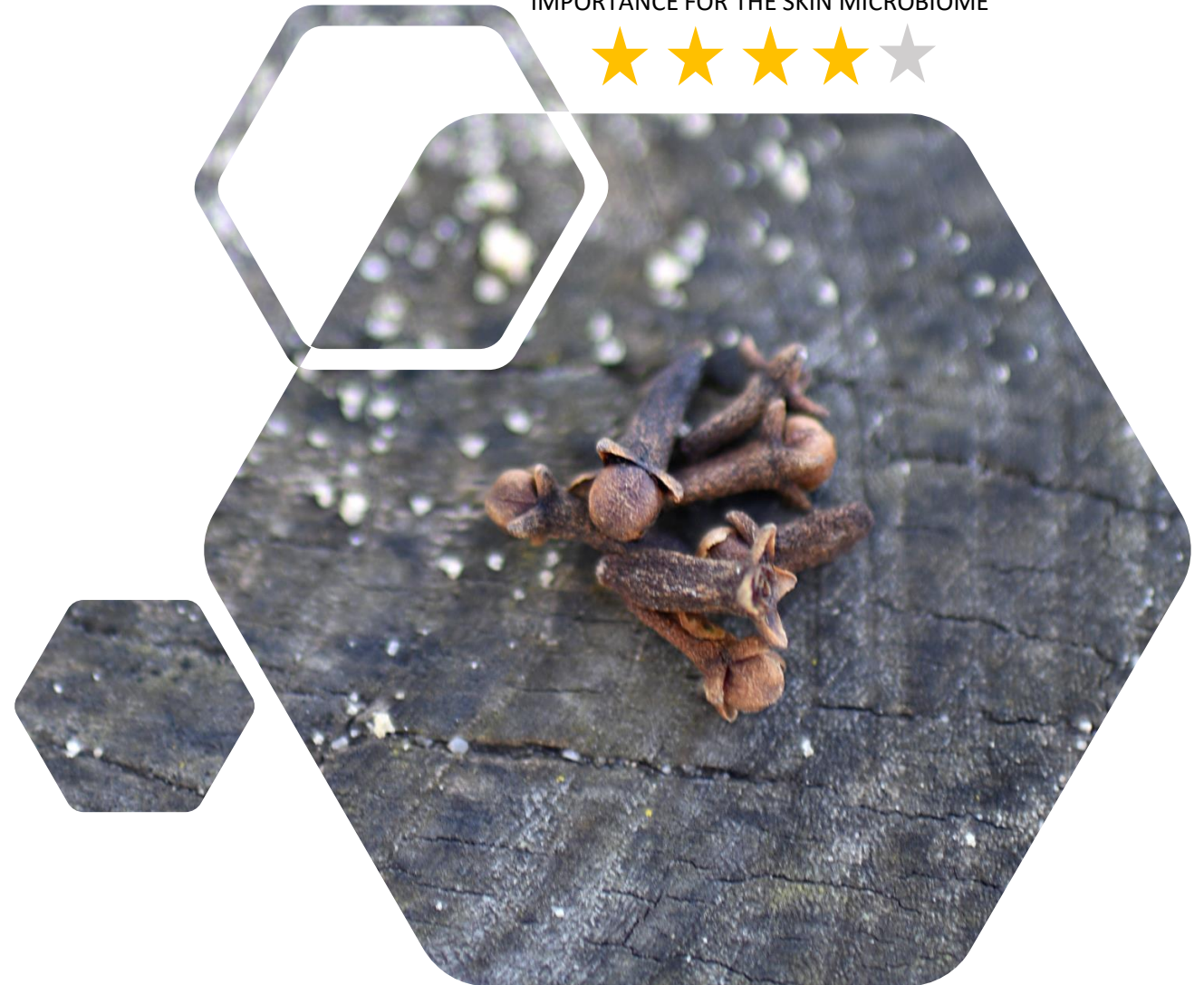


# CLOVE

*(Eugenia Caryophyllus)*

- High in the antioxidant eugenol, found in a test-tube study to be five times more effective than vitamin E at stopping oxidative damage caused by free radicals.
- When applied to the skin, clove oil may be effective at relieving pain and itching and promoting healing.
- It has been used in traditional medicine as an anti-inflammatory, anti-microbial, anti-viral, and insect repellent.
- Test-tube studies found that clove extract helped stop the growth of tumours and promoted cell death in cancer cells.

IMPORTANCE FOR THE SKIN MICROBIOME





# SWEET ORANGE

*(Citrus Aurantium Dulcis)*

- Long used for skin problems, it was found in a 2014 study to reduce acne symptoms by 43% to 75%.
- A key component - limonene - is a powerful defender against oxidative stress that can negatively affect our immune systems.
- Orange oil has been shown to have the greatest effect in reducing inflammation compared to other popular anti-inflammatory oils.
- Studies found that when added to infected human cells, the oil killed pathogenic bacteria without harming the cultured cells.

IMPORTANCE FOR THE SKIN MICROBIOME







# Raw Cane Sugar

*(Saccharum Officinarum)*

- A natural humectant, it draws moisture from the environment into the skin.
- A natural source of glycolic acid, an alpha hydroxy acid (AHA) that penetrates the skin encouraging cell turnover and generating fresher, younger looking skin.
- Renovates your skin with its stimulating action, reduces oiliness with its astringency and shrinks pores.
- Stimulates the skin and acts as a pH modifier.

IMPORTANCE FOR THE SKIN MICROBIOME





# HONEY

*(Mel)*

- Softens, moisturises, heals and calms sore skin. It retains moisture and keeps skin hydrated.
- Its natural antioxidant properties help to protect the skin and support its ability to rejuvenate and refresh depleted skin.
- Chelates and deactivates free iron, which would otherwise catalyze the formation of oxygen free radicals from hydrogen peroxide, leading to inflammation. Also, its antioxidant constituents help clean up oxygen free radicals present.

IMPORTANCE FOR THE SKIN MICROBIOME





# GUAR GUM

*(Cyamopsis Tetragonoloba)*

- The Guar plant is a legume that is an important source of nutrition to animals and humans. It regenerates soil nitrogen, and the endosperm of guar seed is an important hydrocolloid.
- For skin care it is mainly used as a natural thickener, emulsifier, stabiliser, bonding agent, hydrocolloid and gelling agent, emollient and protective colloid.
- Acts as a protective dispersant for organic systems, and as a coagulant for inorganic ones.

IMPORTANCE FOR THE SKIN MICROBIOME





# ORANGE JUICE

*(Citrus Aurantium Dulcis)*

- A good source of antioxidants like flavonoids, carotenoids, and ascorbic acid that promotes health by preventing oxidative damage.
- May help decrease markers of inflammation. Bioactive compounds, appear to mediate the inflammatory response in plasma level and gene expression.
- Orange renovates your skin with its stimulating action, reduces oiliness with its astringency and shrinks pores.
- Assists the microbiome by acting as a pH modifier.

IMPORTANCE FOR THE SKIN MICROBIOME





# SAPONINS

*(spp.)*

- Natural cleaners with a long list of skin benefits, unlike soap which dries out skin and alters the natural pH.
- Used as an anti-irritant, anti-oxidant, anti-inflammatory and anti-allergic, saponins appear to have characteristics of anti-leakage and anti-inflammation. During the primary period of inflammation, they can normalise the permeating of capillary vessels.
- A study indicated that their observed anti-tumour activity was possibly due to the scavenging of free radicals by saponins and their anti-inflammatory activity.

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# GUM ARABIC

*(Acacia Senegal)*

- Gum Arabic is a natural gum made of hardened sap taken from two species of the acacia tree.
- The sap is a complex mixture of polysaccharides and glycoproteins that is used primarily as a stabiliser to inhibit the reaction between substances.
- It has many skin anti-inflammatory and soothing properties. It is very useful as a protective colloid, film-building and coating agent, encapsulating agent, oxidation inhibitor, stabiliser, suspending agent and emulsifier.
- Supports the natural skin microbiota.

IMPORTANCE FOR THE SKIN MICROBIOME





SKIN MICROBIOME SCHOOL

# Thank You

