



BEAUTY & TRAINING



A-Z OF PRODUCT INGREDIENTS

Alcohol

A group of organic compounds that come in a variety of forms.

Ethanol or ethyl alcohol, denatured alcohol, methanol, isopropyl alcohol, SD alcohol, and benzyl alcohol, all of which may be drying, sensitising, or damaging to the skin's moisture barrier.

Alcohols like ethanol, isopropyl alcohol, alcohol denat, and methanol are used to make creams feel lighter, help other ingredients to penetrate the skin and act as a preservative.

Astringent, drying & antiseptic.

Can irritate the skin to produce more oil.





Aloe Vera

A popular plant extract that soothes and hydrates the skin while providing antioxidant benefits.

Has a refreshing, cooling effect for irritated or sunburnt skin.

Artificial Colour

Used for appearance and product sales.

Can penetrate the hair follicle and cause release of fatty acids.

Can lead to irritation, blocked pores, inflammation and sensitivity of the skin.



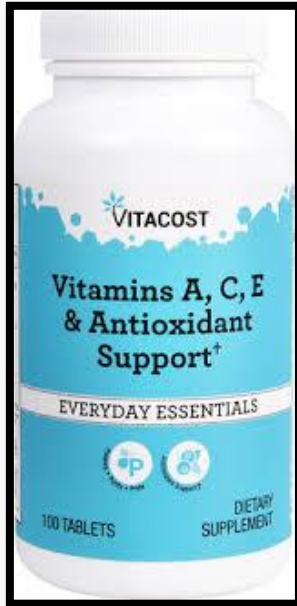


Alpha-Hydroxy Acids (AHA's)

Exfoliating ingredients that are either manufactured synthetically or are derived from milk and fruit sugars.

AHA's breakdown the 'glue' that holds dead skin cells together for a brightening effect.

The most common and effective AHA's are Lactic acid and Glycolic acid.



Antioxidants

A group of natural and synthetic ingredients that protect skin against environmental stressors like free radicals.

Popular antioxidants include vitamins E and C, Lycopene, Green Tea and Niacinamide.

Known to neutralise free radicals.

May take a while to build up in the skin, topical use is instantaneous.

Help to prevent premature aging, protect cell membranes and increase collagen synthesis.



Argan Oil

A moisturising, fragrance-free plant oil made from the kernels of Argan trees.

The oil contains skin benefiting lipids, fatty acids and antioxidants.

For dry skin and hair.

Used in excess, can be greasy.



Benzoyl Peroxide

A well-researched over-the-counter antibacterial agent considered highly effective for treating acne by killing bacteria.

Used to treat and prevent acne by killing bacteria underneath the skin, as well as helping the pores shed dead skin cells and excess sebum.

Also, to dry and peel acne lesions and prevent future breakouts in skin.

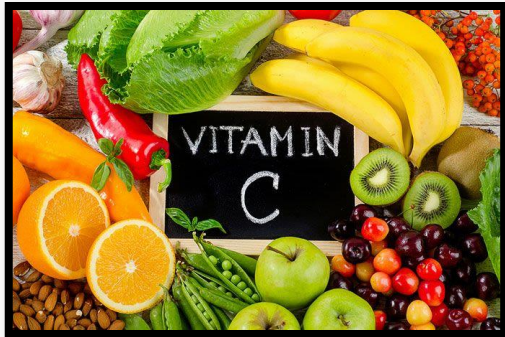
Can make skin prone to hyper-pigmentation.



Beta-Hydroxy Acid (BHA)

Oil-soluble exfoliants that penetrate pores deeply to clear acne and blackheads.

Salicylic acid is the most common BHA in skincare.



Bioflavonoids

Used for strengthening capillary walls.

Well known antioxidant properties.

Prevents or corrects the appearance of dilated capillaries.

Anti-inflammatory and anti-allergy.



Botanicals

e.g. Camphor, Cornflower & Balm mint.

Botanicals: Any "natural" or plant-derived ingredient, which may or may not be organic or even beneficial to the skin.

Used for anti inflammatory & antiseptic properties.

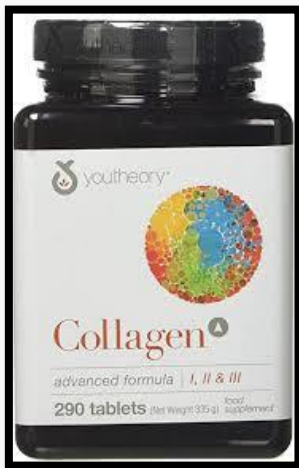
Known to be soothing & healing.

Caffeine



An antioxidant-containing stimulant often included in skincare products with the promise of reducing cellulite and/or puffy eyes.

Can have irritating effect on some skin types, but when applied topically it may feel soothing and improve redness.



Collagen

A type of fibrous protein derived from animals that acts as a water-binding agent to keep moisture locked into the skin.

Topical collagen has not been found to encourage the body to produce more of its own collagen; however, ingestible collagen may increase skin elasticity.

Clay



A popular cosmetic ingredient that comes from a variety of natural sources and works well to absorb excess oil in the skin and unclog congested pores.

One of the most popular types is bentonite clay, which comes from volcanic ash sediments.

Dihydroxyacetone (DHA)

An ingredient found in most self-tanners derived from sugar.

It affects the color of the skin's top layers by reacting with the skin's amino acids to turn the skin a darker shade of brown over the course of several hours





Elastin

A naturally occurring component that gives skin its flexibility.

When applied topically, it helps skin retain moisture but has not been shown to affect the skin's natural elastic production.



Emollient

A hydrating, thickening agent that helps skin hold onto moisture for a softening, soothing effect.

Natural emollients include plant oils, mineral oil, shea, and cocoa butters, and fatty acids.

Petrolatum, lecithin, triglycerides, benzoates, myristates, and palmitates are also emollients that give many skincare products their creamy texture.



Essential Oils

Fragrant plant extracts with anti-aging and aromatherapeutic properties that can be highly irritating when applied directly to the skin.

Essential oils should be combined with a fatty carrier oil, like jojoba, before used topically.

Frankincense, a skin-benefiting essential oil, has anti-inflammatory properties.



Glycerin

A humectant naturally found in the skin that helps it maintain a soft, moisturised, healthy look.

Used topically in combination with other emollients and antioxidants, it has been shown to be very effective at restoring the skin



Formaldehyde

Used for prevention of contamination of products during use.

Can be irritating to mucous membranes.
Banned in some countries.

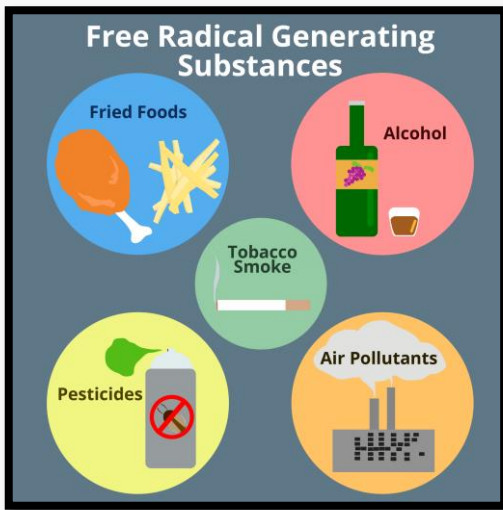


Fragrance

Used to disguise or add odour.

Can be used to add 'signature' scent to a product line.

Can cause dermatitis and allergic reactions.



Free Radicals

Unstable molecules that form due to:

Pollution
Smoking
Alcohol
Car Exhaust
UV exposure

Possible reactions include:

Wrinkles
Pigmentation
Cancers
Rashes & inflammation



Ginkgo Biloba

The Tree of Life

Resistant to insects, disease & pollution.

High quality antioxidant.

Sun photoprotection.

Recommended for use during menopause
as it increases peripheral circulatory
system.



Green Tea

An antioxidant-containing ingredient shown to have anti-aging effects on the skin, including an ability to soothe and improve the appearance of sun damage.

Used for its antioxidant, flavonoid anti-inflammatory & anti-irritant properties.

Hydroxy Acids

Water soluble acids derived from fruits and plants.

Considered a chemical exfoliant, aka acids or enzymes to buff away dead skin cells.

Dissolves the intercellular 'glue' in Stratum Corneum that holds surface cells together.

Possibility of creating sun sensitivity, peeling and itching.



Humectant

A substance used in skincare products to help skin hold onto moisture.

Humectants can be natural or synthetic and include Aloe, Glycerin, Hyaluronic Acid, Propylene Glycol and Silicone.





Hyaluronic Acid (HA)

A naturally found component of skin tissue re-created synthetically.

To help restore, hydrate and protect skin from environmental stress.

The ingredient agrees with almost all skin types.

Jojoba Oil

A lightweight, fragrance free plant oil.

Incredibly effective at treating dry skin without the greasy effect of other plant oils, like Argan Oil and Coconut Oil.





Isopropyl Myristate

An emollient, though it also acts as a thickening agent and lubricant in beauty products.

Made of isopropyl alcohol—a propane derivative—and myristic acid, a naturally-occurring fatty acid.

Can penetrate the hair follicle & can cause comedones.



Lanolin

Lanolin is a greasy yellow substance made from secretions (sebum) from the skin glands of sheep to condition their wool.

It is a natural, animal-derived product harvested from shorn wool.

Gives lubrication to the skins surface.

Can be comedogenic and can cause milia.



Licorice

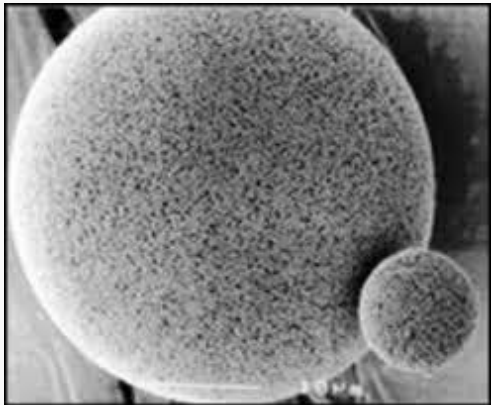
Used for reducing inflammation.

An excellent antioxidant.

Known to have skin lightening & brightening properties.

Calms sensitive skin.

Used in the treatment of eczema, dermatitis & psoriasis.



Microsponges

Used for their polymeric delivery system composed of porous microspheres.

They are tiny sponge-like spherical particles with a large porous surface.

A Microsponge can absorb oil up to 6 times its weight.

Used to reduce shine and provide smooth, matte finishes.



Mineral Oil

A colorless, odorless distillation byproduct of petroleum often found in moisturiser for its ability to soothe skin and help it retain moisture.

Mineral oil can be pore-clogging for some, but it isn't shown to be harmful.



Panthenol Pro Vitamin B5

Used for its wound healing properties.

Stimulates fibroblast proliferation.

Skin healing is accelerated.

Very soothing and extremely moisturising.



Parabens

Preservatives including butylparaben, propylparaben, methylparaben, and ethyl paraben.

These preservatives are largely safe when not used in excess, though most brands still make their products paraben-free to comply with consumer beliefs.

Used for preservative properties, found in everything from soap to lotion to makeup. If it has water in it, it probably has a paraben to keep it from growing bacteria.

Thought to be endocrine disruptors, meaning they mimic estrogen in the body and can lead to hormonal imbalances.



Phthalate

A salt of phthalic acid that has been used in many hair sprays and nail polishes for decades.

Most brands have made their formulas phthalate-free.



Sodium Hydroxide

Used in soap manufacture and found in
Cuticle remover

Extremely alkaline and can dry out oil &
moisture in skin.

Can cause dermatitis.



Silicone

A substance derived from silica that gives products a silky, slippery texture and can smooth the look of pores.

The ingredient is not dangerous or suffocating to the skin.



Sodium Lauryl Sulfate & Sodium Laureth Sulfate

A group of cleansing agents found in many face washes including sodium lauryl sulfate, ammonium lauryl sulfate, and sodium laureth sulfate, which can cause sensitivity and dryness when used in excess or when left on the skin for too long

SLS/SLES are foaming agents used in personal care products, including skin care and cosmetics, shampoo, and toothpaste.

They are surfactants that can cause skin irritation or trigger allergies.



Sodium Hyaluronate

The salt form of hyaluronic acid.

This is considered even more effective as a moisturising ingredient, as it can absorb better into the skin.



Triclosan

Intended to reduce or prevent bacterial contamination.

Anti-microbial agent for use in cleansers.

Has been suggested a hormone disruption, although is excreted rapidly.



Titanium Oxide

An earth mineral used in natural sunscreen.

Protects the skin from UVA and UVB radiation with no risk of sensitivity.

The ingredient is recommended for sensitive, redness-prone skin.



Vitamin E

A well-researched antioxidant.

Protects skin effectively against antioxidant damage.

Has been shown to be marginally more effective in its natural form than its synthetic form.



Zinc Oxide

A non-irritating natural sunscreen ingredient often used alongside titanium dioxide.

Has powerful antiseptic skin healing properties.