



Activated Charcoal	Derived from coconut shells, I source our activated charcoal from the only licensed medicinal charcoal manufacturer in the UK. Activated charcoal absorbs toxins, and can help draw microparticles such as dirt, dust, chemicals and bacteria to the surface of the skin - making them easier to remove.
Amla	The phytonutrients, vitamins and minerals present in amla help in increasing the scalp circulation and stimulate healthy hair growth, increasing body, length and volume.
Aniseed Essential Oil	Aniseed Oil eases menopause symptoms, is an antimicrobial, anti-inflammatory, antiseptic, antibacterial agent which is capable of reducing free radical damage and early signs of ageing. It lowers fatigue whilst inducing a calming feeling, speeds up healing, helps to prevent infections, helps with anxiety, depression, anger and stress.
Avocado oil	Avocado oil contains a high percentage of Vitamin E as well as potassium and lecithin which can nourish and moisturise your hair. The oleic acid within avocado oil promotes collagen production which helps to grow new skin - accelerating the healing process. Avocado oil can help to tame frizzy hair whilst promoting growth and shine.
Bergamot Essential Oil	Bergamot oil contains antibacterial and anti-inflammatory properties. This makes bergamot oil an effective spot treatment for acne for those who do not have sensitive skin. Its analgesic qualities may also make it effective against painful cysts and pimples.
Calendula Essential Oil	Calendula oil heals and soothes wounds, hydrates and nourishes dry skin, slows the development of wrinkles, reduces scarring and soothes conditions such as sensitive skin, Eczema, Psoriasis and Dermatitis.
Calendula Flower	Calendula flower heals wounds, soothes and heals burns and soothes conditions such as sensitive skin, Eczema, Psoriasis and Dermatitis.
Castor Oil	Castor oil promotes wound healing. As it is rich in ricinoleic acid it is great as a natural moisturiser and enhances hair growth - also protecting against hair loss.
Cherry Seed Oil	improves dry skin and refines large pores, helps to lower the appearance of lines and wrinkles, promotes regeneration of skin cells, increases skin elasticity, treats Eczema, Psoriasis, dry skin and wrinkles, prevents sun damage, provides relief from pain, controls cell metabolism, improves blood circulation, regenerates the skin, slows down the ageing process, improves memory and brain efficiency, provides relief from insomnia.
Cinnamon Essential Oil	Cinnamon essential oil (when applied to the skin) is said to exhibit anti-Cancer activity against the cancerous cells of the head and neck. Cinnamon combats skin inflammation, can help to treat stress and boost alertness.



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Clary Sage	Clary Sage Essential Oil has sedative abilities that induce feelings of relaxation, clarity, and calmness while alleviating dizziness, anxiety, and irritability. It is also known to stimulate libido in both men and women. When used on the skin Clary Sage Essential Oil exhibits a cooling property that soothes skin afflicted with inflammation. It calms rashes, balances the production of natural oil and sebum, and strengthens the skin and muscles. Clary Sage Essential Oil eliminates or prevents the spread of harmful bacteria, facilitates the healing of wounds, and addresses muscle aches, joint pain, strains, and sprains. It enhances circulation and is reputed to stimulate and regulate the menstrual cycle. When applied to the feet clary sage can relieve hot flushes and when applied to the lower abdomen it can help to relieve period pains.
Clove Bud Oil	helps in reducing the sagginess of the skin and prevents the appearance of fine lines and wrinkles. It is a powerful anti-aging ingredient as it removes the dead skin cells and helps in blood circulation, which indirectly or directly ensures a youthful and radiant looking skin.
Cocoa Butter	The fat in cocoa butter forms a protective barrier over skin to hold in moisture. Cocoa butter is naturally rich in phytochemicals which may improve the blood flow to the skin and slow skin aging by protecting against damage from the sun's harmful UV rays.
Coconut Oil	Coconut oil reduces inflammation and moisturises the skin, helping to heal wounds. The fatty acids within coconut oil possess antimicrobial properties that can help to treat acne and protect the skin from harmful bacteria.
Dead Sea Salt	Alleviating discomfort, dead sea salt helps to strengthen skin tissue, improve blood circulation, eliminate toxins and balance the skin's natural pH levels. Dead Sea salt can also help to treat Eczema by exfoliating dead skin cells, rehydrating the skin and restoring depleted minerals.
Epsom Salt	Epsom salt can soften rough, dry skin, exfoliate dead skin cells, reduce soreness and pain, reduce stress, draw out splinters and reduce swelling. Epsom salt baths are said to alleviate seizures caused by several conditions such as magnesium deficiency, preeclampsia and eclampsia.
Eucalyptus Essential Oil	Eucalyptus oil can silence a cough, clear your chest, <u>disinfect wounds</u> , help you to breathe easier, soothe cold sores, promote relaxation and reduce pain. Eucalyptus has anti-inflammatory and pain-relieving properties, coupled with its natural cooling sensation, make eucalyptus oil <u>ideal for soothing a painful sunburn</u> . Antibacterial properties also protect the skin from infection.
Geranium Bourbon Essential Oil	One of the most luxurious essential oils which can be used, Geranium Bourbon Essential Oil reduces feelings of stress, anxiety, sadness, fatigue, and tension, enhances concentration, improves cognitive function, and balances the emotions as well as the hormones. It is reputed to effectively eliminate dead cells, tighten the skin, promote the regeneration of new



	skin, and diminish signs of ageing. Geranium Bourbon Essential Oil works as an anti-inflammatory and anti-septic agent. It is reputed to enhance circulation, soothe symptoms of menstruation and menopause, reduce blood pressure and pain, and boost immunity.
Himalayan Pink Salt	Himalayan Pink Salts added to a bath have been said to reduce fatigue, stress and pain, and increase feelings of contentment and emotional health. Himalayan salt is said to generate negative ions in the air, creating the type of calming effect many people experience on a saltwater beach.
Jojoba Oil	Jojoba oil is moisturising, antibacterial, hypoallergenic, can promote collagen synthesis and speed up wound healing.
Lavender Essential Oil	lavender essential oil is antibacterial, antiviral and antimicrobial. It can lessen acne, treat fungal infections, help to lighten the skin, promote relaxation and treats anxiety. Lavender can also help with depression, insomnia, eczema, nausea, fibromyalgia pain and menstrual cramps.
Lavender Flower	Lavender helps to calm the skin and reduce swelling. Lavender promotes calmness and wellness, reduces stress, anxiety and pain.
Lemon Essential Oil	Lemon essential oil is said to reduce anxiety and depression, ease morning sickness, improve skin, relieve pain, improve cold symptoms, heal wounds, treat acne and energise the mind and body.
Lemongrass Essential Oil	Lemongrass essential oil is used to reduce inflammation and relieve headaches. Using a soap scented with natural lemongrass essential oil is said to offer a variety of benefits including acting as an antimicrobial agent (a substance that destroys or suppresses the growth of microorganisms, including bacteria and fungi). Lemongrass essential oil contains limonene, a compound shown to reduce inflammation and knock out bacteria.
Mango Butter	Mango butter contains essential fatty acids and antioxidants that make it a great choice for mature skin. The rich, nourishing nature of this butter can even help those suffering from skin conditions such as Eczema or Psoriasis.
Neem Oil (dog shampoo)	Neem oil repels fleas, mites and mosquitos, stops itching and heals skin. This oil has anti-fungal, antibacterial, antiseptic, anti-inflammatory qualities which make it great for treating wounds, sores and bites.
Olive Oil	Olive oil is antibacterial, moisturising and full of vitamins. Its antioxidant properties are said to reverse the damage caused by UV radiation, kill bacteria which cause acne whilst moisturising and hydrating your skin.
Orange Essential Oil	Orange essential oil is antibacterial, antiviral and antimicrobial. It is said to reduce symptoms of anxiety and depression, relieve pain and act as an insecticide.



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Peppermint Essential Oil	Peppermint essential oil has a cooling effect on skin. It can help to relieve pain from burns, soothe headaches, provide relief from itching and ease muscle pain. Peppermint essential oil increases circulation, promoting hair growth and can also help to treat dandruff.
Plum Kernel Oil	Plum Seed/Kernel Oil moisturises and improves skin elasticity, reduces wrinkles, dryness and lines, helps to heal dry, chapped and cracked skin, and balances the moisture in skin. It brightens and protects the skin, protects against radical damage and oxidative stress, and aids in cellular repair.
Roman Camomile Essential Oil	Roman camomile (sometimes spelt chamomile) essential oil can ease skin conditions such as Eczema and rashes, provide pain relief for conditions such as back pain, neuralgia or arthritis and can promote sleep.
Rosehip Oil	Rosehip oil hydrates, brightens and moisturises the skin. It boosts collagen formation, reduces inflammation, protects against sun damage and helps to reduce hyperpigmentation.
Rosemary Essential Oil	Rosemary essential oil is said to improve brain function, relieve pain, repel bugs, ease stress, increase circulation and reduce joint inflammation. It is commonly used as a treatment to help dementia patients.
Shea Butter	Shea Butter is full of fatty acids and vitamins which make it a great ingredient for softening and moisturising skin. Shea butter contains anti-inflammatory and healing properties, making it great for healing wounds, burns and skin conditions. Shea butter can condition, tone and soothe your skin.
Shikakai	Shikakai is said to induce hair growth, soothe your scalp, fight dandruff, nourish hair follicles, clean your hair, add shine, prevent greys and curb hair loss.
Tea Tree Essential Oil	Tea tree is antibacterial, antimicrobial and antiviral. It makes an idea natural hand sanitiser. Tea tree is said to prevent head lice, deodorise armpits, fight acne and eliminate nail fungus.
Vitamin E	Vitamin E moisturises the skin, heals wounds, reduces skin itching, prevents and minimises the appearance of scars, and prevents and treats fine lines and wrinkles. Added to cosmetic products Vitamin E acts as a natural preservative.
Yucca Root	Yucca root contains saponins which are cleansers that reduce inflammation, itchiness and dandruff. Yucca leaves your hair clean and boosts volume, leaving the strands shiny, smooth, fuller and healthier. Yucca also naturally thickens hair.