

What's inside SkinThings?

An A-Z of SkinThings ingredients, this fact sheet lets you know all about the good stuff that goes into our products. Plain and simple.

Almond (sweet) Oil - *Prunus dulcis*

used in: SkinThings baby oil, cuticle oil



Australian certified organic Sweet almond oil is rich in proteins and contains Olein Glyceride Linoleic Acid. Sweet Almond is an excellent emollient and can aid in softening and nourishing dry skin. It is one of the most often used carrier oils in Aromatherapy, Massage, Skincare and Soap making. Almond Oil helps relieve irritation, is finely textured and easily absorbed and helps to leave the skin soft and smooth..

Avocado Oil - *Persea americana*

used in: SkinThings anti-age moisturiser, night treatment oil



Australian certified organic. Avocado oil is high in vitamin A, B, D, E, lecithin, potassium and Beta carotene. It has outstanding regenerative properties to keep skin moisturised and soft. Avocado oil is renowned for its healing, anti-bacterial, and anti-wrinkle properties.

Beeswax - *Cera alba*

used in: SkinThings lip balm, hair wax



Australian certified organic. Skin Things beeswax is unrefined and natural making it ideal for lip balms. It is an emollient and forms a protective coating on the skin.

Bergamot Essential Oil - *Citrus aurantium ssp.*

used in: SkinThings bergamia vitality shampoo & conditioner, some massage oil blends, foaming cleanser



Australian certified organic. Non-Phototoxic. Has superb antiseptic qualities that are useful for skin complaints, such as acne, oily skin conditions and eczema. Also beneficial for the treatment of Psoriasis.

Borage essential oil - *Borago Officinalis*

used in: SkinThings calendula eyecream



Highly moisturising and rich in fatty acids essential for the health of the skin. Excellent for treating inflammation, redness and eczema. Beneficial for the treatment of psoriasis.

Calendula - *Calendula officinalis*

used in: SkinThings Calendula eyecream, carrot & calendula body lotion, renewal cleanser



Calendula is used for the treatment of skin disorders and pain. It acts as a bactericide and antiseptic and is extremely soothing on inflamed and cracked skin. It can also assist in toning tissue and veins. Promotes healing and skin repair and has anti-inflammatory properties. Effective in treating skin problems such as rashes, chapped and cracked skin and eczema. Candelilla wax - Vegetable wax used as an emulsifier and to hold together and solidify the other oils. Jojoba balm

Carrot Seed oil *Daucus Carota* -

used in: Calendula eyecream, carrot & calendula lotion, Australian native range, lavender body lotion



It is revitalising and toning. It is considered one of the best essential oils for mature skin. Carrot seed oil also assists in removing toxin and water build up in the skin giving it a fresher, firmer appearance. The vivid orange colour gives colour to Skin Things Calendula & rose eyecream and some of our body lotions. High in beta-carotene and vitamin A it accelerates the formation of new cells. It protects the external layers of the skin. It stimulates the secretion of sebum and perspiration without increasing these secretions above normal. Excellent results for dry, chapped and scaling skin.

Castor Oil - *Ricinus communis*

used in: SkinThings lip balm

Castor oil is a vegetable oil obtained from the castor bean. It is one of the few oils that can be

continues on page 2

Skincare guide

Check out our new skincare guide online at skinthings.com.au

It's an easy way to find out what's the best product for your particular type of skin. Whether you've got normal, dry, sensitive, oily/combo skin we've got the solution for you. Naturally.

Online Shopping

You can now purchase all your favourite Skin Things products online at skinthings.com.au

Questions?

If you have any questions about our products or want to find out more about our treatments the please call us on 08 8294 0575 or 0404 712 688 or email us: info@skinthings.com.au

eco tan



Invisible tan?

Yes you can! We stock EcoTan's Invisible Tan Lotion (125ml tube). It's an

organic and nourishing moisturiser without synthetics - like us they use natural preservatives. Leave on for 8 hours for best results, it continues to develop over 24 hours. Each tube will deliver about 4 whole body tans. Dries instantly and is suitable for face and body.

used as an emulsifying agent. It also acts as a protective barrier on your skin that will protect against harsh environmental conditions.

Cedarwood essential oil (organic) – Cedrus Atlantica

used in: Some SkinThings massage oil blends, foaming cleanser, carrot & calendula lotion



Helps to detoxify and purify the skin.

Chamomile - Matricaria chamomile

used in: SkinThings gold mask, pink mask, antiage range, eyecreams



Australian certified organic. German Chamomile is known to be hydrating & excellent for calming sensitive skin. Reduces inflammation and accelerates healing. Anti-inflammatory, moisturizing and softening.

Clay Pink – superfine Australian

Pink clay is perfect for balancing stressed and sensitive skin, as it creates a youthful appearance with ultimate hydration and skin firmness. Its hydrating properties help to refine delicate lines, moisturise and improve the overall texture of the skin.

Clay Pink Argiletz - French

Pink Clay improves skin softness and is ideal for all skin types. It is very soft and can be used on fragile, dehydrated or sensitive skin. It is beneficial to use on mature skin, lined or wrinkled skin.

Clay White Kaolin



White Clay draws out impurities and toxins and is ideal for all skin types especially dry and sensitive.

Clay is a naturally occurring substance containing minerals, trace elements and nutrients

Cocoa Butter - Theobroma cacao body lotions

Cocoa butter is the natural cream coloured vegetable fat extracted from cocoa beans.

Cocoa butter has a soft, sweet cocoa aroma, and is one of the most stable fats known. It contains natural antioxidants that prevent rancidity, and has an extremely long shelf life. An excellent moisturising agent for the skin.

Citronella essential oil (organic) – Cymbopogon Winterianus

used in: SkinThings Peppermint foot lotion



Its deodorant and stimulating properties always refresh sweaty tired feet, activating the whole body. Antiseptic and bactericidal effect helps combat athletes foot and other fungal and bacterial infections. Useful in combating excessive perspiration.

Desert Lime extract –

used in: SkinThings Australian native range



High in anti-oxidants, high Vitamin C, promotes youthful skin, can assist in diminishing the appearance of wrinkles and fine lines

Emulsifying Wax

used in: SkinThings eyecreams, antiage range

Emulsifying wax is a plant based emulsifier used for combining oil and water in recipes for lotions and creams.

Evening primrose oil – Oenothera Biennis

Highly moisturising and rich in fatty acids essential for the health of the skin. Excellent for treating inflammation, redness and eczema. Beneficial for the treatment of psoriasis.

Eucalyptus Dives essential oil – Eucalyptus Radiata



used in: SkinThings light moisture cream, green mask
Calms hyperactive sebaceous glands.

Frankincense – Boswellia Carterii

used in: SkinThings antiage moisturiser, gold mask

Its cytophylactic properties make it ideal for mature, wrinkled skin in need of a lift. Astringent properties may help balance oily skin conditions.

Grapefruit Seed Extract - Citrus grandis

Grapefruit Seed Extract is a broad spectrum antimicrobial compound made from the seeds and pulp of grapefruit. It has many uses and makes an excellent additive to cosmetics to help prevent the growth of fungi, moulds and bacteria. Natural preservative. Non-sensitising. Compatible with natural ingredients and protein, unlike synthetic preservatives, which can destroy other nutrients as well as being toxic.

Grape Seed Oil - Vitis vinifera

Grapeseed is rich in natural plant antioxidants and is readily absorbed by the skin, leaving it with a soft, luxurious texture. It has a high percentage of linoleic acid and some vitamin E. The antioxidants in grapeseed are beneficial to the skin as they help reduce the visible signs of ageing.

Green Tea - Camellia sinensis

used in: SkinThings Gold mask, anti age moisturiser



Green Tea extract is rich in natural plant antioxidants, such as Vitamin C and Vitamin E. Green tea extract is known to help repair the effects of aging and environmental factors. The active constituents in green tea are the Catechin - Polyphenols. Green tea catechins are potent antioxidants.

Jasmine Essential Oil - Jasminium grandiflorum

used in: SkinThings Pink grapefruit skin polish

Tones dry, irritated and sensitive skin, increases elasticity and is often used to assist with stretch marks and to reduce scarring. This oil is considered antidepressant, anti-

inflammatory, antiseptic and relaxing. Soothes dry, sensitive skin and tones aging, wrinkled skin. Helpful in the treatment of dermatitis.

Jojoba Oil - Simmondsia chinensis

used in: SkinThings Jojoba balm, all cleansers. Australian certified organic.

Jojoba is a bush grown in the arid desert. It helps to provide a protective barrier from the elements, and can be used for all skin types, including the most sensitive skin. It is beneficial for irritated or dry skin, dandruff and dry hair. It has excellent moisturizing and healing properties. Suitable for all skin types whether dry, oily or sensitive as it helps to rebalance the skin normalizing it. Excellent for psoriasis and eczema. Softens and smoothes the skin.

Lavender Essential Oil - Lavandula angustifolia

used in: SkinThings Lavender body lotion, antiage range, australian native range, baby range, vitality shampoo & conditioner, nourishing day cream Australian certified organic.



Lavender essential oil is most commonly associated with burns and healing of the skin. It also has antiseptic and analgesic properties which will ease the pain of a burn and prevent infection. It also has cytophylactic properties that promote rapid healing and help reduce scarring. Its anti-inflammatory and soothing properties have a balancing effect on the skin. Lavender can help prevent infections and soothe irritated skin. Effective in the treatment of dermatitis, eczema, psoriasis and acne.

Lemon Essential Oil - Citrus limonium

used in: SkinThings Vitality shampoo & conditioner, some massage oil blends, soaps. Australian certified organic.

Lemon is recognized for its anti-bacterial, refreshing and cooling properties. Lemon has a cleansing effect and its high Vitamin C content makes lemon a great tonic for the skin.

Lemongrass Essential Oil - Cymbopogon flexuosus

used in: some SkinThings massage oil blends

Australian certified organic. Lemongrass is known for its invigorating and antiseptic properties. Lemongrass is used for tightening, refining and firming sluggish, lacklustre, oily skin.

Lime Essential Oil - Citrus aurantifolia

used in: some SkinThings massage oil blends, foaming cleanser



Lime essential oil has a crisp, refreshing citrus scent for its uplifting and revitalizing properties. It can also act as an astringent and can be useful in the treatment to clear oily, congested skin.

Macadamia Oil Macadamia ternifolia

used in: light moisturizer, nourishing day cream, night treatment oil, lavender body spray, masks. Australian certified organic.



Highly nourishing, macadamia is recommended for older, mature skin. It is a thick oil and has excellent moisturising properties. High in Palmitoleic acid, a mono unsaturated fatty acid not found in this concentration in any other oils. This fatty acid is also found in the skin sebum therefore Macadamia oil is beneficial where sebum production is diminished. It is highly nourishing and emollient oil.

Mandarin Essential Oil - Citrus reticulata

used in: SkinThings Australian native range, lemon zest body lotion, some massage oils blends



One of the safest oils to use with everyone. Used to boost circulation and discourage water retention. Good for acne, congested and oily skin, spots and stretch marks.

Neroli Essential Oil - Citrus aurantium

used in: SkinThings pink clay mask, nourishing day cream, gold mask, antiage moisturiser

Neroli essential oil is derived from the blossoms of the bitter orange tree it increases circulation, stimulates new cell growth and has been found useful in treating skin conditions linked to emotional stress. Any type of skin can benefit from Neroli essential oil, although it is particularly good for dry, irritated or sensitive skin. It regulates oiliness and minimizes enlarged pores.

Olive oil -

used in: SkinThings body lotions



This oil is from the first (cold) pressing so it contains maximum nutrients, which have not been destroyed with heat or chemicals. Olive oil is a mono unsaturated oil high in oleic acid that is vital for nutrition.

Orange Sweet Essential Oil - Citrus sinensis

used in: SkinThings lemon zest body lotion, Australian native body lotion

Australian certified organic. Orange is replenishing and beneficial for the care of dry, sun-damaged or mature skins. This oil is beneficial and soothing to dry and irritated skin.

Pink Grapefruit Essential Oil - Citrus paradisi

used in: SkinThings pink grapefruit skin polish



Very high in vitamin C, grapefruit protects against infections and has a cleansing effect on the skin it is also refreshing soothing and uplifting. Helps control the liquid processes and systems of the body. It helps drain excess fluids from the tissues, and stimulates the lymphatic system for more efficient removal of waste and toxins. As such, it makes a valuable addition to cellulite treatments.

Rose Geranium Essential Oil - *Pelargonium graveolens*

used in: SkinThings carrot & calendula lotion, may chang facial mist, inspire facial mist, bath salts



Geranium oil has an all-over balancing effect on the mind and this uplifting property also extends to the effect it has on the skin, where it helps to create balance between oily and dry skin while promoting stability

Rose Maroc Essential Oil - *Rose Damascena*

used in: SkinThings Gold mask, rose body lotion, calendula eyecream

It is used to soften, balance, and restore the skin. Rose has antiseptic, astringent, regenerative and skin healing properties. Its astringent properties make it useful for strengthening surface capillaries in conditions such as couperose. Very healing. Excellent for dry, aging and wrinkled skin as it moisturises, tones and promotes regeneration of skin cells. For sensitive skin, Rose essential oil brings its antiseptic and anti-inflammatory properties to soothe irritated skin.

Rosehip Oil - *Rosa rubiginosa*

used in: SkinThings calendula eyecream, gold mask, antiage moisturiser. Australian certified organic.



Rosehip oil is extremely high in essential fatty acids and is known to help treat dry, irritated and weathered skin.

It is also suitable for treating burns, scars and stretch marks and has skin healing properties. Rosehip oil is renowned for its ability to reduce the signs of ageing and help maintain healthy skin. Increases skin regeneration and helps reduce the signs of premature aging and wrinkles. Counteracts the drying effects of the sun. The important functions of regeneration and repair of the skin tissue are due to the high levels of linoleic and linolenic fatty acids contained in Rosehip oil. Rose water – Essence of roses distilled from the process of making rose essential oil. Cooling and soothing and has mildly astringent properties.

Rosemary Extract - *Rosmarinus officinalis*

Rosemary extract is from the leaves of the Rosemary plant, it has antimicrobial and anti bacterial properties.

Rosemary essential oil – *Rosmarinus Officinalis*

Increases circulation of blood to the skin. Encourages the regeneration of skin cells. Affects the dermis where it stimulates metabolic functions, circulation and the elimination of waste products.

Sandalwood Essential Oil - *Santalum spicatum*

used in: SkinThings Australian native body lotion, some massage oil blends

Australian Sandalwood oil is soothing and moisturising on all skin types but works especially well on cracked, chapped, itchy and dry skin. Sandalwood has antiseptic and hydrating properties. It encourages the retention of moisture within the skin layers and this makes it useful in treating dehydrated skin.

Shea Nut Butter - *Butyrospermum parkii*

used in: SkinThings Ultra sensitive skincare range, antiage skincare range, Australian native range



Certified organic shea butter is a vegetable fat extracted from the fruit of a tree that grows in Africa. It protects the skin, improves its suppleness

and elasticity and promotes skin healing. Improves the elasticity of the skin and reduces the appearance of wrinkles. Leaves the skin soft but is non-greasy. Shea butter is nourishing and induces a state of self-protection in the cells through its stimulating action on the metabolism. Clinical observations suggest it increases local capillary circulation, which in turn increases tissue re-oxygenation and improves the elimination of metabolic waste products. Protects against ultraviolet rays that cause sunburn.

Vegetable Glycerin - organic

A colourless sweet viscous liquid derived from vegetable fats.

Vitamin E - alpha tocopherol

Vitamin E (non-GMO) is an anti-oxidant that assists in maintaining cell integrity. It is easily obtained from sunflower, safflower, canola, and olive oils; also from many grains, nuts and fruits.

Wheatgerm Oil - *triticum vulgare*

used in: SkinThings Pink grapefruit skin polish, some body scrubs



Wheatgerm promotes the formation of skin cells. The oil is extremely high in vitamin E and is a natural anti-oxidant.

An extremely valuable source of Vitamin E and essential fatty acids. It is a natural antioxidant. It promotes the formation of skin cells, improves blood circulation, and helps relieve symptoms of dermatitis.

Witch hazel - *Hamaelis water*

Astringent and cleansing. Increases the circulation and is healing for skin disorders such as acne and eczema. Reduces inflammation and tones veins and capillaries.

Ylang Ylang Essential Oil - *Cananga odorata*

used in: SkinThings Ylang ylang body butter, nourishing day cream, renewal cleanser



Ylang Ylang essential oil has antiseptic properties and It has a balancing effect on sebum normalizing it and therefore is effective on both oily and

dry skin.