



Plant Magic

what's in our intimate care products

ROSEBUD WOMAN™ INGREDIENTS BOOKLET

Rosebud Woman™ Plant Magic

What's in Our Intimate Care Products

Rosebud Woman is more than a product; it's an intimate partnership with each and every one of you. Our goal is to provide women with lotions and balms of the highest quality, made of the most wisely chosen and sustainably harvested plants and binders.

We believe that using only plant- and bee-based elements reflects our fundamental trust in the Earth, and our conviction that the natural world holds a miraculous apothecary of calming, healing, and arousing gifts. Rosebud Woman is uncompromisingly dedicated to the protection and preservation of our home planet: the source of all we know and love.

As part of this commitment, we are providing a short index of the ingredients used in our products. We hope you'll enjoy learning about the storied history of each of our floral and herbal ingredients, many of which—from apricot to zingiber officinale (ginger) have been used in skin care and healing since ancient days. And because chemical names can be daunting, we follow up with a thumbnail guide to our all-natural additives, which bring cleansing, smoothing, and cooling properties to our balms.

Because the skin in our intimate areas is so sensitive and permeable, and because every woman is different, we are always in dialogue with our advisors, suppliers, and customers about the ingredients we have chosen. What's more, we continually keep track of best sources, to be certain that our vegan and "bee-gan" suppliers follow best practices.

If you have any questions, or if would you like to share your experience with one of our products, we'd sincerely love to hear from you. Write to us at info@rosebudwoman.com

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LATIN NAME:

Simmondsia Chinensis

COMMON NAME:

Jojoba, Goat Nut, Deer Nut, Pignut, Wild Hazel, Quinine Nut, Coffeeberry, Gray Box Bush

LOCATION:

Southwestern North America – Sonoran Desert, Colorado Desert, Baja California Desert in Southern California, Arizona, Utah, and Baja California (Mexico)

DESCRIPTION:

Simmondsia Chinensis, more commonly known as Jojoba, grows 3 to 6 feet tall with thick, waxy, oval leaves of a gray-green color. The plant blooms greenish-yellow flowers with no petals between the months of March and May. Jojoba is most commonly grown for the liquid wax within its seeds, called jojoba oil. Because Jojoba is the closest thing available to the human oils we naturally produce on our skin, it is used in many personal care products, like healing skin and hair moisturizers.

TRADITIONAL APOTHECARY:

Jojoba can be applied directly to the skin to treat acne, psoriasis, and sunburn. It is also used to promote hair regrowth.



Jojoba - Product(s): Honor - Everyday Balm

SOURCES:

1. <https://www.webmd.com/vitamins-supplements/ingredientmono-618-jojoba.aspx?activeingredientid=618&activeingredientname=jojoba>
2. <https://www.webmd.com/vitamins-supplements/ingredientmono-618-jojoba.aspx?activeingredientid=618&activeingredientname=jojoba>



Grape Vine - Product(s): Soothe - Calming Creme, Arouse - Stimulating Serum

LATIN NAME:

Vitis Vinifera

COMMON NAME:

Grapevine

LOCATION:

Mediterranean region, Central Europe, Southwestern Asia (Morocco, Portugal, Germany)

DESCRIPTION:

Grape vine can grow up to 35 yards long! The leaves are long and broad, and host a well-known berry: the grape. Grape vines are typically found in humid areas, producing

grapes of green, red, or purple colors.

Grape Seed Oil can be expressed from the seeds of the fruit to be used in soaps, detergents, make-up, hair, and skin products.

As a rich source of Vitamin E and linoleic acid, Grape seed oil is the preferred oil for most massage therapists because it is easily absorbed and leaves a light, satin-like finish.

TRADITIONAL APOTHECARY:

Grapes have been used for helping to prevent heart and blood vessel diseases, varicose veins, hemorrhoids, high blood pressure, inflammation, heart attack, and stroke. Some also use grapes as a mild laxative for constipation and detoxification. Grape leaves can be used for ADHD, chronic fatigue, diarrhea, heavy menstrual bleeding, and canker sores.

Grapes contain flavonoids which have antioxidant effects, lowering levels of bad cholesterol, relaxing blood vessels, and reducing risk of heart disease. Grapeseed oil contains high levels of linoleic acid and is rich in Vitamin E, both essential for the health of the skin.

SOURCES:

1. <https://www.webmd.com/vitamins/ai/ingredientmono-472/grape>
2. <https://www.medicinalplants-pharmacognosy.com/herbs-medicinal-plants/grape-benefits/>
3. <https://www.doctormahers.com/benefits-of-grape-seed-oil/>

LATIN NAME:

Limnanthes Alba

COMMON NAME:

White Meadowfoam

LOCATION:

California and Oregon

DESCRIPTION:

Limnanthes Alba, better known as white meadowfoam, grows in wet grassy habitats and moist woodlands found throughout California and Oregon. White meadowfoam flowers are small, white, and produce fruit – which is the major source of meadowfoam seed oil.

Meadowfoam is commonly grown in gardens to create borders and entryways, as it provides a glossy, green backdrop that suppresses the growth of weeds while providing yellow-and-white daisy-like flowers.

TRADITIONAL APOTHECARY:

Meadowfoam oil is an excellent moisturizer and is used in many natural skincare lines to hydrate and rejuvenate skin. With its gentle and restorative properties, it is a wonderful choice for those with dry, sensitive, or damaged skin.



White Meadowfoam - Product(s): Honor - Everyday Balm, Arouse - Stimulating Serum

SOURCES:

1. <https://www.skinstore.com/beauty-center/ingredients/limnanthes-alba.list>
2. <http://www.naturalmedicinalherbs.net/herbs/1/limnanthes-alba=meadowfoam.php>



Evening Primrose- Product(s): Honor - Everyday Balm

LATIN NAME:

Oenothera Biennis

COMMON NAME:

Evening Primrose, Evening Star, Sun Drop

LOCATION:

Eastern and Central North America – Newfoundland, Alberta, Florida, Texas

DESCRIPTION:

Oenothera Biennis, or evening primrose, blooms from late spring to late summer. The flowers open very quickly every evening, producing a beautiful spectacle. They are yellow, and contain many seeds – a popular food for birds! Although the plant was originally grown for its beauty alone, evening primrose are also edible and rich in nutrients. Oil from the mature seeds can be used to treat symptoms of eczema, premenstrual syndrome (PMS), and other menopausal symptoms.

In historical folklore, evening primrose is said to represent fickleness. Those practicing witchcraft also recommended using the plant while bathing, to increase one's desirability to potential lovers and friends.

TRADITIONAL APOTHECARY:

Oil from the leaves and seeds can be used in creams to aid in healing and relieve itching and redness of skin caused by eczema, wounds, or burns. Ingesting the oil has also been found to improve cardiovascular health, regulate moods, and treat symptoms of PMS, cramping, and menopause.

SOURCES:

1. <https://www.herbal-supplement-resource.com/evening-primrose-benefits.html>
2. <http://www.witchipedia.com/herb:evening-primrose>

LATIN NAME:

Oryza Sativa

COMMON NAME:

Asian Rice (or simply rice)

LOCATION:

East Asia, Southeast Asia, South Asia, India, Thailand

DESCRIPTION:

Oryza sativa, commonly known as rice, originated in India, Thailand, and southern China. Due to its popularity as one of the most important cereal crops we eat (the other being wheat), rice is now grown on a staggering 3% of the world's agricultural land. Rice can be grown year-round and has hundreds of different grain colors, sizes, shapes, and environmental tolerances.

Regarding the introduction of rice to North America, it is said that slaves from West Africa brought the technology and skill to grow the crop when they were transported to the Carolinas in the mid-18th century.

TRADITIONAL APOTHECARY:

Considering rice is the most widely consumed grain on earth, it has many medicinal uses. It can fight diarrhea, relieve constipation, lower cholesterol and blood pressure, and aid in weight loss. It is also a great energy source!



Asian Rice - Product(s): Honor - Everyday Balm, Arouse - Stimulating Serum, Soothe - Calming Cream

SOURCES:

1. <http://eol.org/pages/1115098/details>
2. <http://ricepedia.org/culture/history-of-rice-cultivation>
3. <http://foodsanddiseases.com/rice-medicinal-uses-rice-health-benefits-properties/>



Rosemary - Product(s): Honor - Everyday Balm, Arouse - Stimulating Serum, Soothe - Calming Cream

LATIN NAME:

Rosmarinus Officialis

COMMON NAME:

Rosemary

LOCATION:

Mediterranean

DESCRIPTION:

Native to the Mediterranean region, rosemary is a fragrant, woody herb with white, pink, purple, or blue flowers. Unlike many other plants and herbs, it can withstand very cold temperatures and drought. Rosemary is used as a decorative plant, while the stubby, needle-like leaves are used to flavor various foods and drinks.

The name "rosemary" derives from the Latin for "dew" (ros) and "sea" (marinus), or "dew of the sea".

TRADITIONAL APOTHECARY:

Rosemary is a rich source of antioxidants and anti-inflammatory properties. It is used to help boost the immune system, and to improve blood circulation. It is used commonly to treat indigestion in Europe. The scent of rosemary, in addition to being used in perfumes, is said to improve concentration, performance, speed, and mood.

SOURCES:

1. <https://www.medicalnewstoday.com/articles/266370.php>
2. <http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?kempercode=b968>

LATIN NAME:

Helianthus Annuus

COMMON NAME:

Sunflower

LOCATION:

United States and Central America

DESCRIPTION:

Sunflowers are grown for their beauty, as well as for their edible oil and seeds. Sunflower seeds are commonly sold as a raw snack food, or processed into butters and flours. Sunflower oil, extracted directly from sunflower seeds, can be used as a cooking oil (it's less expensive than olive oil!).

The name 'sunflower' likely comes from the plant's large, yellow, flowered head resembling the sun. It is also said that the blooming plant appears to turn its petals toward the sun as it stretches across the sky.

TRADITIONAL APOTHECARY:

Sunflower oil is known in the food industry as a high quality, energy food. The seeds contain Vitamin A, B, E, and other minerals and proteins. They are strong in antioxidants that protect the body from cardiovascular disease and cancers. Sunflower seeds are also said to aid in sexual prowess, digestion, energy levels, and infertility.



Sunflower - Product(s): Honor - Everyday Balm, Arouse - Stimulating Serum, Soothe - Calming Cream

SOURCES:

1. <https://www.herbal-supplement-resource.com/sunflower-benefits-uses.html>
2. <http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?kempercode=a583>



Chamomile - Product(s): Honor - Everyday Balm, Soothe - Calming Cream

LATIN NAME:

Bisabolol

COMMON NAME:

Derivative component of Chamomile

LOCATION:

Europe, India, Western Asia, The United States

DESCRIPTION:

Bisabolol is a colorless oil that is the primary component of the essential oil, German chamomile. Its mild, floral scent makes it a popular ingredient in various fragrances. It also has many medicinal uses, and is especially popular in herbal infusions—like chamomile tea.

Chamomile is used in many pagan rituals to enhance positive energy and bring emotional and spiritual balance. Unlike other herbs that are thought to deter negative energy, the chamomile plant is said to literally transform negative energy to positive energy.

TRADITIONAL APOTHECARY:

Bisabolol itself, a natural alcohol, is known for its skin healing, anti-irritant, anti-inflammatory, and anti-microbial properties. It is also a 'penetration enhancer' in that it helps other molecules penetrate the skin—a very appealing property for cosmetics makers. Its presence in chamomile is popular as an herb (mainly found in teas) that can aid in rheumatic problems, rashes, alleviating cold symptoms, and in relieving morning sickness during pregnancy.

SOURCES:

1. <https://www.herbwisdom.com/herb-chamomile.html>
2. <http://www.herbhedgerow.co.uk/cosmeceuticals-in-focus-bisabolol/>
2. <http://www.chamomile-benefits.com/chamomile-history/>

LATIN NAME:

Zingiber Officinale

COMMON NAME:

Ginger

LOCATION:

India, China, Southern Asia, Hawaii, Japan, Australia, Malaysia

DESCRIPTION:

Ginger originated in India's tropical rainforests, and was first brought to Europe as one of the first spices exported from the Orient during the spice trade. With beautiful clusters of white and pink flower buds, ginger can be used in landscaping—but is more often used as a fragrant kitchen spice. Ginger roots can be pickled, steeped in boiling water, made into candy, or used to flavor dishes.

Ginger's power was once thought to stimulate sexual arousal. In fact, Madame du Barty was recorded as serving ginger to all her regular lovers to turn them into pliant, submissive partners – King Louis XV included.

TRADITIONAL APOTHECARY:

Ginger is commonly used to treat stomach ailments such as motion sickness, morning sickness, gas, diarrhea, irritable bowel syndrome, and nausea caused by cancer treatments and surgery. It can also aid in pain relief



Ginger - Product(s): Honor - Everyday Balm, Soothe - Calming Cream

– including rheumatoid arthritis, menstrual pain, and headaches. Oil made from ginger is thought to relieve pain, and some people apply ginger juice directly to burns and wounds.

SOURCES:

1. <https://www.webmd.com/vitamins-supplements/ingredientmono-961-GINGER.aspx>
2. <https://www.thepracticalherbalist.com/holistic-medicine-library/ginger-warming-medicine-soul/>



Chamomile - Product(s): Honor - Everyday Balm, Arouse - Stimulating Serum

LATIN NAME:

Eclipta Prostrata

COMMON NAME:

False Daisy

LOCATION:

India, Nepal, China, Thailand, Brazil

DESCRIPTION:

Eclipta prostrata, commonly known as false daisy, grows in warm, tropical areas with moist climates. The plant has grayish roots with white, floret flower heads. Due to its bitter, hot, and dry taste, the false daisy plant is used almost solely for natural and medicinal purposes.

TRADITIONAL APOTHECARY:

False daisy is used as a powerful liver tonic, shown to be effective against livery injury, inflammation, jaundice, fatty liver, hemorrhoids, and indigestion. It is also a known home remedy for urinary tract infections, and is said to prevent hair loss and promote hair growth. False daisy has strong antibacterial properties that have proven effective in treating and killing E Coli and Staph bacteria.

SOURCES:

1. <http://naturalhomeremedies.co/Eprostrata.html>
2. <https://www.linkedin.com/pulse/17-amazing-health-benefits-false-daisy-dr-paul-haider/>

LATIN NAME:

Moringa Pterygosperma

COMMON NAME:

Drumstick Tree, Horseradish Tree, Benzoin Tree

LOCATION:

India, Pakistan, Bangladesh, Afghanistan

DESCRIPTION:

The drumstick tree is a drought-resistant, fast-growing tree found in the foothills of the Himalaya. Its seeds and leaves are harvested as vegetables, while its oil can be used as a food supplement and a base for hair and skin cosmetics. The leaves provide a rich source of Vitamins A and C, calcium and iron. The flowers and roots of the tree also provide powerful antibiotic and fungicidal properties.

To Greeks, Romans, and Egyptians the tree is still considered a 'panacea' and is referred to as 'The Wonder Tree', 'The Divine Tree', and 'The Miracle Tree'.

TRADITIONAL APOTHECARY:

Due to its high calcium content, the drumstick tree is used as an anti-inflammatory agent that strengthens bones. It is beneficial in treating joint aches and pains associated with arthritis, as well. Its richness in vitamins and nutrients aids the body's digestive and immune systems.



Moringa - Product(s): Honor - Everyday Balm, Arouse - Stimulating Serum,

SOURCES:

1. <http://www.himalayawellness.com/herbfinder/moringa-ptyergosperma.htm>
2. <http://moringaceae.org/imgc-moringa-blog/what-is-moringa-ptyergosperma>



Coconut Palm – Product(s): Soothe – Calming Cream

LATIN NAME:

Cocos Nucifera

COMMON NAME:

Coconut Palm

LOCATION:

India, Nepal, China, Thailand, Brazil

DESCRIPTION:

The coconut palm is one of the most important crops of the tropics due to its popular fruit – the coconut!— which holds both meat and liquid. Surprisingly, it takes

coconut palms at least 5 to 6 years to begin bearing coconut fruit and a full 15 years to reach ‘full bearing’ maturity. The harvested coconuts provide “copra,” the dried meat from which coconut oil is made. Coconut oil is a popular oil for cooking, and serves as the base of many beauty products. The meat is also harvested to create coconut milk, coconut water, and other commercial products. A coconut’s husk fibers can also be used to manufacture ropes, baskets, mats, and brooms.

“All good things start with a C: Coffee, chocolate, and coconut oil.”

TRADITIONAL APOTHECARY:

A coconut palm’s roots, bark, and flowers can be used to promote the flow of urine, tend to uterine disease, and as an antiseptic applied to boils, scabies, toothaches, and more. People use coconut oil orally for heart disease, diabetes, Crohn’s disease, irritable bowel syndrome, along with “quality of life” uses such as fighting fatigue, building energy, and boosting the immune system. It can also be applied directly to the skin and hair as a moisturizer, effective in treating eczema, psoriasis, and hair damage.

SOURCES:

1. <https://www.britannica.com/plant/coconut-palm>
2. <https://herbalremedies.knoji.com/coconut-palm-medicinal-uses-antiseptic-and-regulates-urinary-disorders/>
3. <https://www.webmd.com/vitamins-supplements/ingredientmono-1092-coconut-oil.aspx>

LATIN NAME:

Prunus Armeniaca

COMMON NAME:

Apricot Tree – Ansu Apricot, Siberian Apricot, Tibetan Apricot

LOCATION:

Turkey, Iran, Uzbekistan, Algeria

DESCRIPTION:

Prunus armeniaca are small apricot trees with spreading canopies of white to pinkish petals, bearing fruit similar to small peaches. The fruit's surface can be smooth or velvety, with a taste ranging from sweet to tart. Apricot seeds and kernels can be dried and substituted as almonds, while the Italian liquor Amaretto is flavored with extract of apricot kernels (rather than what most believe to be almond extract!). Apricot oil has a softening effect on the skin, so it has been used in perfumery and cosmetics.

It is believed that in the 4th century, Confucius taught his students in a wooded area surrounded by apricot trees. The Chinese thus use the apricot as a symbol of education and medicine.

TRADITIONAL APOTHECARY:

The apricot fruit carries many nutrients and is known to be mildly laxative. The tree's bark and inner root can be used to treat poisoning caused by hydrogen cyanide – bitter almond and apricot seeds actually contain



Apricot - Product(s): Arouse - Stimulating Serum, Soothe - Calming Cream

hydrogen cyanide, and a decoction of the bark and root can work against those effects. Apricot seeds can be used in the treatment of asthma, coughs, and acute bronchitis. The seeds contain a substance called 'laetrile', which is claimed to have a positive effect in the treatment of cancer (there is little science, however, to back this claim at this point).

SOURCES:

1. <http://www.naturalmedicinalherbs.net/herbs/p/prunus-armeniaca=apricot.php>
2. <https://www.pfaf.org/user/Plant.aspx?LatinName=Prunus+armeniaca>



Rosehip - Product(s): Arouse - Stimulating Serum

LATIN NAME:

Rosa Moschata

COMMON NAME:

Musk Rose, Rosehip

LOCATION:

Himalayas, Chile

DESCRIPTION:

Rosa moschata is a shrub that blooms in late spring and late autumn in warm climates, or from late summer on in cool climates. The flowers are known to have a musky scent, giving the plant its rose name. The plant has thorny branches, and white or pink blossoms with a small, round orange fruit that contain Rosehip Seed Oil. This oil is precious thanks to its rich concentration of antioxidants and Vitamins A and E. Rosehip Seed Oil is known to support the skin's elasticity and promotes healing.

Rosehip is associated with the planet Venus and the element of water, and many people add rosehip to potpourri to create a peaceful, calm atmosphere. Rosehip tea is also known as a good way to start a romantic evening with a partner.

TRADITIONAL APOTHECARY:

Rosehip Seed Oil, derived from the Musk Rose/Rosa moschata's orange fruit, is said to be a miracle skincare product, right up there with coconut oil. The oil's vitamins, antioxidants, and essential fatty acids correct dark spots, hydrate skin, treat itchy skin, and reduce fine lines and scars. The essential fatty acids also treat dry scalp and itchiness caused by eczema.

SOURCES:

1. https://www.huffingtonpost.com/2013/06/07/rosehip-seed-oil-benefits_n_3375871.html
2. <http://www.weleda.com.au/rosehip-rosa-moschata/>
3. <http://tansyfiredragon.blogspot.com/2011/01/rosehips-magickal-medicinal.html>

LATIN NAME:

Cymbopogon Schoenanthus

COMMON NAME:

West Indian Lemon Grass, Camel Grass,

LOCATION:

Southern Asia, Northern Africa

DESCRIPTION:

Cymbopogon schoenanthus, better known as camel grass or West Indian lemon grass, is an herbal plant found in Southern Asia and Northern Africa. Its foliage is very fragrant, and it is commonly used in herbal teas. It is well-known for the oil derived from the plant—lemon grass oil or camel grass oil— which is used as a tonic and fragrance in many cosmetic products. You can also find this ingredient in other personal care products, like soaps and candles, owing to its lemon-like scent.

TRADITIONAL APOTHECARY:

Lemon grass or camel grass oil has antibacterial properties that make it an excellent addition to skincare products. Its anti-fungal properties make it especially good for oily skin types, along with anti-aging and acne treatments. Although not well-tested or approved by the FDA, lemongrass is a popular traditional remedy for stomach aches, diarrhea, gas, vomiting, and flu-like symptoms. The herb may also be applied externally to treat acne, athlete's



Lemongrass - Product(s): Arouse - Stimulating Serum

food, back pain, sciatica, and other aches and pains. Lemongrass essential oil is also believed to improve blood flow when rubbed on affected areas.

SOURCES:

1. <https://www.mdidea.com/products/proper/proper08409.html>
2. <https://www.truthinaging.com/ingredients/cymbopogon-schoenanthus>



Marjoram – Product(s): Arouse – Stimulating Serum

LATIN NAME:

Origanum Majorana

COMMON NAME:

Marjoram, typically synonymous with Oregano

LOCATION:

Southern Europe, North Sweden, Turkey

DESCRIPTION:

Oregano (or marjoram) is a perennial herb known for its sweet pine and citrus flavors. It is primarily cultivated for use as an herb in cooking, or reduced to an essential oil. It is most commonly used to season soups, stews, dressings, vegetables, meats, and sauces. Dried leaves are also added to potpourris.

Marjoram was a symbol of happiness to the Ancient Greeks and Romans. The Greeks commonly called it, “Joy of the Mountains.”

TRADITIONAL APOTHECARY:

Marjoram may help improve digestion; the scent alone is known to stimulate salivary glands, and to promote digestion of food in the mouth. A cup of tea infused with marjoram is commonly used to alleviate nausea, gas, stomach cramps, and diarrhea. It’s also a great way to regulate female hormones and the menstrual cycle. A 2016 study actually proved that marjoram tea had a positive effect on women suffering from polycystic ovarian syndrome and infertility.

SOURCES:

1. <https://draxe.com/marjoram-essential-oil/>
2. <http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?kempercode=d828>
3. <https://www.whiterabbitinstituteofhealing.com/herbs/marjoram/>

LATIN NAME:

Pfaffia Paniculata

COMMON NAME:

Brazilian Ginseng, Suma

LOCATION:

Southern Asia, Northern Africa

DESCRIPTION:

South America, especially Brazil.

TRADITIONAL APOTHECARY:

Suma, or Brazilian ginseng, is a shrubby vine indigenous to the Amazon area. In South America it is known as 'para toda', which means "for all things". It has many applications – from a tonic for energy to a potent aphrodisiac. Suma is also popular as an herbal medicine to regulate body systems and treat disease.

Suma has been used in the Amazon region as a sexual tonic and aphrodisiac for at least 300 years. It has also been referred to as 'The Russian Secret', because it is taken by Russian Olympic athletes to increase muscle-building and endurance naturally.

TRADITIONAL APOTHECARY:

Suma or Brazilian ginseng is an adaptogen, meaning it contains molecules that help the body deal with stress. It improves vascular function by promoting the growth and



Suma - Product(s): Arouse - Stimulating Serum

SOURCES:

1. <https://mybiohack.com/blog/suma-sexual-hormones-cancer-pfaffia-paniculata>
2. <http://www.rain-tree.com/suma.htm#.Wqk8WHxG2po>

shape of red blood cells and increasing blood flow. Suma can also normalize the secretion of hormones, assisting as a sexual stimulant for those suffering from erectile dysfunction or premature ejaculation. It also helps the body regulate antioxidant levels, improving the immune system and helping fight off disease.



Jasmine – Product(s): Arouse – Stimulating Serum

LATIN NAME:

Jasminum Officinale (flower)

COMMON NAME:

Jasmine

LOCATION:

Caucasus, Northern Iran, Afghanistan, Pakistan, Himalayas, Tajikistan, India, Nepal, Western China, Spain, France, Italy, Portugal, Romania, Florida, West Indies

DESCRIPTION:

Jasminum officinale, known simply as jasmine, is a flowering plant much valued by gardeners thanks to its intense fragrance during the summer season. Its pointy leaves and white, star-shaped flowers are the source of the plant's strong scent. The essential oil of jasmine is often used in aromatherapy – it is known as the 'King of Oils' as its heavy, sweet scent is widely loved by (almost) everyone. Jasmine is quick-growing, thrives in sun and shade, and is virtually pest- and disease- free.

The jasmine flower is associated with love, beauty, and sensuality. In some religions, it represents purity.

TRADITIONAL APOTHECARY:

Jasmine is commonly used in lotions—not only for its fragrance, but for its healing properties in treating sunburns and rashes. The juices of the jasmine flower are known to restore skin moisture and elasticity, which reduces the appearance of fine lines and wrinkles. The sweet, much-loved aroma of jasmine also medicinal use— it is used in aromatherapy to calm, relax, and fight off depression.

SOURCES:

1. <https://www.naturalremedies.org/jasmin/>
2. <https://www.gardenia.net/plant/Jasminum-Officinale-Common-Jasmine>

LATIN NAME:

Lepidium Meyenii

COMMON NAME:

Maca

LOCATION:

Peru

DESCRIPTION:

Maca is grown for its use as a root vegetable and medicinal herb. Radishes and turnips are closely-related cousins of the plant. Those who grow maca claim there are four varieties, based on root color: cream-yellow, purple, half-purple, and black. Cream-colored maca are the most favored, and widely grown due to their sweetness. The majority of harvested maca is dried or cooked for consumption – it is often mixed with porridge, with other vegetables in soups, or ground to produce flour. Due to the increasing popularity and demand for nutritional supplements, maca's popularity as a more healthful flour alternative has expanded to other countries.

Maca grows in the Andes mountains of Peru in a hostile, high-altitude environment at 11,000-15,000 feet. Temperatures plummet below 10° F, with high winds and intense sun. Even natives of the Andes rarely know how to find the plant, as it grows in places uninhabitable by humans or other plants.



Maca – Product(s): Arouse – Stimulating Serum

TRADITIONAL APOTHECARY:

Maca root contains strong-smelling compounds, known as glucosinolates, known to block the formation of carcinogens (cancer-causing agents). It also provides nutrients that nourish the endocrine system and regulate hormone levels. Traditionally, Maca is used to fight fatigue, and as an aphrodisiac. It is very nutritious, containing amino acids and complex carbohydrates, as well as Vitamins B1, B12, C, and E.

SOURCES:

1. <https://www.herbal-supplement-resource.com/maca-root.html>
2. <https://www.mountainroseherbs.com/products/maca-powder/profile>



Damiana - Product(s): Arouse - Stimulating Serum

LATIN NAME:

Turnera Aphrodisiaca

COMMON NAME:

Damiana

LOCATION:

Mexico, Texas, South America, Caribbean

DESCRIPTION:

A small shrub that produces yellow, aromatic flowers, the spice-like aroma of Damiana has been compared to chamomile. Damiana is a popular ingredient in traditional Mexican liquor, such as triple sec, often used in making margaritas. It is most commonly used as an aphrodisiac but can also treat headache, depression, and nervous stomach symptoms such as constipation. Both for medicinal and non-medicinal reasons, some people inhale the herb for a slight "high".

Mexican folklore claims that Damiana was used in the world's very first margarita.

TRADITIONAL APOTHECARY:

The Damiana herb is used to treat asthma, dizziness, vertigo, and female ailments. It is also considered excellent at restoring energy levels and fighting fatigue. Unsurprisingly, it also has a reputation as a strong tonic for treating and arousing sexual desire – hence the Latin 'aphrodisiaca' name. It even has positive reproductive qualities, and is known to increase sperm count in men. It is also smoked, in some instances, for a high similar to cannabis, which aids in the relief of stress and anxiety.

SOURCES:

1. <https://www.theherbprof.com/hrbDamiana.htm>
2. <https://www.webmd.com/vitamins-supplements/ingredientmono-703-damiana.aspx?activeingredientid=703&activeingredientname=damiana>

LATIN NAME:

Withania Somnifera (plant and root)

COMMON NAME:

Ashwagandha, Indian Ginseng, Poison Gooseberry, Winter Cherry

LOCATION:

India, Nepal, China, Yemen

DESCRIPTION:

This plant appears in the form of a short, perennial shrub with small, bell-shaped leaves and orange/red fruit. Unfortunately, the Ashwagandha plant is very susceptible to pests and disease – ranging from leaf spot disease to pests like the carmine red spider. From a culinary standpoint, the berries from the plant can be used as a substitute for rennet (an enzyme that curdles milk) in the process of cheese making.

The plant has been used in traditional Chinese medicine for over 2,500 years to restore overall health and increase life longevity. The Indian or Hindu name, ashwagandha, translates to “smell and strength of a horse” – referring to the plant’s alleged ability to enhance sexual vigor.

TRADITIONAL APOTHECARY:

The extracted, dried, and pulverized root of Ashwagandha is used in herbal medicine. Categorized as an adaptogen, it can be used for a wide array of purposes. It is used to treat fatigue, nerves, and is known to enhance memory. It also has a reputation as a strong aphrodisiac for both sexes,



Ashwagandha - Product(s): Arouse - Stimulating Serum, Soothe - Calming Cream

protecting against infertility in men. Studies from 1965 show that the alkaloids present in the plant can lower blood pressure, heart rate, and promote restful sleep. Note: Though it is traditionally used for these purposes, there is no quality research or evidence to prove its effect.

SOURCES:

1. <https://www.herbal-supplement-resource.com/ashwagandha-benefits-uses.html>
2. https://www.starchild.co.uk/products/6564_3478_ashwagandha-root.aspx



Honeysuckle - Product(s): Refresh - Cleansing Spray, Soothe - Calming Cream

LATIN NAME:

Lonicera Caprifolium Flower

COMMON NAME:

Perfoliate Honeysuckle, Italian Honeysuckle

LOCATION:

Europe, Southeast Britain, Northeastern North America

DESCRIPTION:

The honeysuckle plant displays fragrant, cream-colored flowers tinged with pink. Honeysuckle berries are eaten and spread by birds, but can be poisonous to mammals. They can be ingested in very small quantities if cooked first, but the heavily perfumed flowers are more popularly infused into herbal teas. An essential oil extracted from the flowers has been used as a perfume; but yields of extract from the flowers are very low, which makes the perfume very expensive.

The name honeysuckle comes from the tradition of children breaking or biting off the ends of the plant to suckle and enjoy the drops of nectar inside.

TRADITIONAL APOTHECARY:

The Italian Honeysuckle herb, the smaller of the honeysuckle family, is used as a cutaneous and mucous tonic with diuretic properties. Honeysuckle can also be used for digestive disorders including inflammation, dysentery, respiratory tract infections, and other viral and bacterial infections. Some people even use honeysuckle to promote sweating.

SOURCES:

1. <https://www.pfaf.org/user/Plant.aspx?LatinName=Lonicera+caprifolium>
2. <https://www.botanical.com/botanical/mgmh/h/honeys31.ht>
3. <https://www.webmd.com/vitamins-supplements/ingredientmono-512-honeysuckle.aspx?activeingredientid=512&activeingredientname=honeysuckle>

LATIN NAME:

Lonicera Japonica Flower

COMMON NAME:

Golden and Silver Honeysuckle, Japanese Honeysuckle

LOCATION:

China, Japan, Korea

DESCRIPTION:

The Japanese honeysuckle vine grows up to 35 feet high, with yellow and white flowers that are sweetly vanilla-scented. It's often sold as an attractive and aromatic groundcover. Japanese honeysuckle is edible, and has a sweet-tasting nectar. It is also a significant source of food for rabbits, birds, deer, and other wildlife. In certain states within North America it is considered a noxious weed, and is banned. Growing rapidly and aggressively it overwhelms native shrubs and trees, suffocating and killing them.

The Japanese honeysuckle's flowers are used as a Chinese folk remedy for snakebite.

TRADITIONAL APOTHECARY:

A decoction of honeysuckle stems can be ingested as a treatment for rheumatoid arthritis, mumps, and hepatitis. The stems and flowers are used together as an infusion to treat upper respiratory infections, including pneumonia, as well as dysentery. The flower buds can treat skin ailments,



Japanese Honeysuckle - Product(s): Refresh - Cleansing Spray, Soothe - Calming Cream

bacterial infections, and colds. On an more experimental level, the flower extract has been shown to lower cholesterol and blood pressure.

SOURCES:

1. <https://altnature.com/gallery/honeysuckle.htm>
2. http://www.oardc.ohio-state.edu/weedguide/single_weed.php?id=53



Ale Vera – Product(s): Refresh – Cleansing Spray, Soothe – Calming Cream

LATIN NAME:

Aloe Barbadensis

COMMON NAME:

Aloe Vera

LOCATION:

Arabian Peninsula, North Africa, Sudan, Spain

DESCRIPTION:

Aloe vera is a medicinal plant of desert origin. It's used most commonly as a home remedy for burns, and as a common ingredient in skin care and beauty products. Unlike many other plants, aloe vera can be grown indoors as a houseplant. It is well adapted to survive in desert conditions—each aloe leaf stores water as a gel-like sap that can be extracted topically by slitting open and squeezing the leaves.

The manufacture of aloe vera extracts is one of the largest botanical industries in the world.

TRADITIONAL APOTHECARY:

The gel-like aloe vera sap can be extracted directly by opening and squeezing the leaves; it can then be applied topically to assist in the treatment and soothing of minor burns. Aloe is also an effective skin moisturizer, with anti-inflammatory properties effective for treating psoriasis and minor skin irritations (e.g., wind and razor burn). Aloe vera was historically taken internally to treat constipation, but is now considered unsafe to ingest.

SOURCES:

1. <https://www.livestrong.com/article/237561-what-are-the-benefits-of-aloe-vera-pills/>
2. <https://draxe.com/aloe-vera-benefits/>

LATIN NAME:

Hamamelis Virginiana

COMMON NAME:

Witch Hazel

LOCATION:

Eastern North America – Nova Scotia, Minnesota, Florida, Texas

DESCRIPTION:

Witch hazel is a small tree or shrub that grows from 15 to 35 feet tall. The plant has a unique floral display, with fragrant yellow flowers that stick around long after many trees become bare for the winter. Due to its beauty, witch hazel does have ornamental uses, and also provides food for birds, deer, and small-seed mammals. Commercial witch hazel is used as a popular astringent, and is included in many beauty products for its soothing effects.

Native Americans were the first to produce witch hazel extract, by boiling the plant's stems. The extract was used to treat swelling, inflammation, and tumors. Early Puritan settlers arriving by ship soon adopted this practice from the natives, and its use has since become widely established.

TRADITIONAL APOTHECARY:

Witch hazel has been used for centuries to treat swelling, inflammation, and tumors. An extract of the plant is widely popular as an astringent, either alone or as an ingredient in



Witch Hazel - Product(s): Refresh - Cleansing Spray

many beauty products. Witch hazel oil is used in medicines, aftershave lotions, and other soothing salves for insect bites, burns, rashes, swelling, itching, hemorrhoids, and more. It is an extraordinarily soothing herb.

SOURCES:

1. https://www.wildflower.org/plants/result.php?id_plant=havi4
2. https://www.medicinenet.com/witch_hazel_hamamelis_virginiana_topical/article.htm



Gum Acacia - Product(s): Soothe - Calming Cream

LATIN NAME:

Acacia Senegal or *Senegalia Senegal*

COMMON NAME:

Gum Acacia, Gum Arabic Tree, Sudan Gum

LOCATION:

Sub-Saharan Africa, Sudan, Oman, Pakistan,
Caoastal India

DESCRIPTION:

The *Senegalia Senegal* tree, or gum acacia tree, is of profound economic importance because of the gum arabic it produces. Gum arabic is a very versatile additive, found in adhesives, pharmaceuticals, inks, and confections. The gum is extracted from the tree's bark, with each tree yielding up to 300 grams. Eighty percent of this product is produced in Sudan alone. The tree's roots are also useful in making strong rope, while the bark is rich in tannin, a chemical used in dyes and inks.

Acacia is commonly combined with sandalwood and burned as an incense to enhance meditation.

TRADITIONAL APOTHECARY:

Gum acacia has traditionally been used as an astringent to treat bleeding, bronchitis, diarrhea, cough, and upper respiratory tract infections. Acacia gum has been used in pharmaceuticals as a demulcent, a substance relieving inflammation or irritation. It is also used topically to treat wounds, and has been shown to inhibit the growth of harmful bacteria and plaque. It can also be used to modify the chemical properties of foods – most recently, it was used in a clinical study to reduce cholesterol.

SOURCES:

1. <https://www.britannica.com/plant/acacia#ref146851>
2. <https://www.drugs.com/npp/acacia-gum.html>
3. <http://www.witchipedia.com/herb:acacia>

LATIN NAME:

Prunus Amygdalus Dulcis

COMMON NAME:

Sweet Almond Oil

LOCATION:

Western Asia, North Africa

DESCRIPTION:

Sweet almond oil is a pale, tan-colored or colorless oil extracted directly from almonds. It is one of the most common and adaptable oils used for beauty products and massage. Although sweet almond oil is used in a wide variety of products, most fall exclusively into the beauty realm: bath oils, soaps, lipstick, cleansers, moisturizers, and sunscreen, to name a handful. The healthy fats and fiber present in almonds also make sweet almond oil useful in lowering cholesterol and managing glucose levels.

The use of sweet almond oil originally came from the ancient Hindus, who created a paste out of crushed almonds to use as body cleanser.

TRADITIONAL APOTHECARY:

Given its popularity and adaptability as a body oil, sweet almond oil is used in everything from skin exfoliants to moisturizers. In pure form, the oil contains calcium, magnesium, phosphorus, and vitamin E. These essential nutrients promote softer, nourished skin when applied topically. Almond oil is also included in many beauty products.



Almond Oil - Product(s): Soothe - Calming Cream

to reduce fine lines, soothe chapped skin, and relieve itching. The healthy fats, fiber, and minerals in almonds are able to help reduce cholesterol, and lower the risk of cardiovascular disease and diabetes.

SOURCES:

1. <http://www.skinstore.com/blog/beauty-center/prunus-amygdalus-dulcis/>
2. <http://www.cosmeticsinfo.org/ingredient/prunus-amygdalus-dulcis-sweet-almond-oil-and-prunus-amygdalus-dulcis-sweet-almond-seed>
3. <https://draxe.com/almond-oil/>



Mountain Daisy - Product(s): Soothe - Calming Cream

LATIN NAME:

Arnica Montana

COMMON NAME:

Mountain Daisy, Wolf's Bane, Leopard's Bane,
Mountain Tobacco

LOCATION:

Europe, Estonia, Siberia, Northwestern United States

DESCRIPTION:

Arnica Montana is a European flowering plant recognized by its large, yellow flower heads that bloom in July and August. Although uncommon in the United States, it is found in the grassy meadows of central Europe and Siberia. It is most commonly used as an herbal medicine, due to its analgesic and anti-inflammatory properties. Although beneficial in small quantities, large doses are toxic and can result in sudden death. Tiny amounts of arnica are used to flavor beverages, desserts, gelatins and puddings. It is also found in hair tonics and anti-dandruff products.

St. Hildegard, a German nun known for her passion for nature, wrote about the healing properties of Arnica Montana in the 12th century. Since then, mountain people in that area have used the plant to treat and relieve aches and bruises.

TRADITIONAL APOTHECARY:

Arnica Montana has been used as an herbal medicine for centuries. Due to its analgesic and anti-inflammatory properties, it can be applied topically to treat symptoms of osteoarthritis, bruising, and swelling. It is used by professional athletes to soothe sore muscles, by cosmetic surgeons to relieve post-surgery pain, and to treat bruises and bumps. Its toxicity makes it safe for topical use only – although it can be used internally in an extreme dilution.

SOURCES:

1. <http://www.arnicare.com/about/arnica-montana/>
2. <https://www.webmd.com/vitamins-supplements/ingredientmono-721-ARNICA.aspx>

LATIN NAME:

Symphytum Officinale

COMMON NAME:

Comfrey – Common Comfrey, True Comfrey, Quaker Comfrey

LOCATION:

Europe, Asia, North America

DESCRIPTION:

Comfrey is a large, tuberous perennial that is often grown ornamentally for its flowers and foliage. The leaves and stems can also be cooked as a vegetable, similar to spinach, or used in herbal teas. Comfrey is also a valued source of fertilizer for organic gardeners. It is very deep-rooted, which allows it to mine nutrients from the soil naturally – fertilization uses include compost activation, liquid fertilization, mulch, and more.

Comfrey has been cultivated since 400 B.C. as a healing herb. Immigrants first brought the herb to America in the 1600s for medicinal use. It was used during World War I to help heal maggot-infested wounds. Comfrey has since taken up residence along roadsides and waste areas throughout the U.S..

TRADITIONAL APOTHECARY:

Although most view comfrey as unsafe to ingest internally, it has a longstanding reputation as a therapeutic herb. Historically, it was said to have bone- and tooth-building



Comfrey – Product(s): Soothe – Calming Cream

properties, and was used to treat ailments such as bronchitis, broken bones, sprains, arthritis, and other aches. In modern medicine, comfrey is used mostly as a topical treatment for painful muscles and joints, wounds, inflammation, burns, and bruises. It remains very popular in the world of herbal medicine due to its ability to quickly heal outer tissue and wounds.

SOURCES:

1. <http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?kempercode=b472>
2. <https://www.herbal-supplement-resource.com/comfrey-herb-benefits.html>



Slippery Elm – Product(s): Soothe – Calming Cream

LATIN NAME:

Ulmus Fulva (Bark)

COMMON NAME:

Slippery Elm

LOCATION:

Eastern U.S., Southern Canada

DESCRIPTION:

Slippery elm is a deciduous tree native to the eastern United States and southern Canada. The elms bloom from March to May, producing small, brightly-colored red buds. Slippery elm bark is harvested for medicinal purposes, and appears to be very safe with proper administration. Slippery elm can be prepared as a tea, cream, or topical dressing.

Slippery elm bark was used during the American Revolution as a folk remedy to heal battered eyes and gunshot wounds. Slippery elm bark, wild cherry bark, and syrup mixed together have long been a popular cough remedy.

TRADITIONAL APOTHECARY:

Slippery elm bark, wild cherry bark, and syrup mixed together have long been a popular cough remedy. The mucilage found in the bark is also mixed with water to create a gel-like substance to coat and soothe the mouth, throat, stomach, and intestines. It has been used to treat digestive disorders, such as diarrhea and gastroenteritis. It is also used to treat constipation, colic, hemorrhoids, irritable bowel syndrome, and Crohn's disease. Slippery elm bark can be blended with cream and applied directly as a topical ointment to assist in the healing of bruises, cuts, boils, burns, and even eczema.

SOURCES:

1. <https://www.herbal-supplement-resource.com/slippery-elm-herb.html>
2. <https://www.swansonvitamins.com/content/encyclopedia/herbs/slippery-elm.html>

LATIN NAME:

Mentha Piperita

COMMON NAME:

Peppermint

LOCATION:

Europe, Middle East

DESCRIPTION:

Peppermint is actually a hybrid mint – a cross between watermint and spearmint. Although the plant has now spread to many regions of the world, it is native to Europe and the Middle East. The leaves and flowery tops of peppermint are collected and dried as soon as the flowers begin to bloom. The United States, Oregon and Washington lead in the production of peppermint, which is processed into an essential oil. The oil provides flavoring for chewing gum, toothpaste, teas, ice cream, alcoholic beverages, and much more. Peppermint oil also has a high concentration of pesticides, making it a natural pest repellent. It can also be used as a fragrance, and is known in aromatherapy to have memory and alertness-enhancing properties.

The genus name Mentha comes from Minthe, a nymph in Greek mythology. Minthe was beloved by Hades, who was transformed into a mint plant by his jealous wife.

TRADITIONAL APOTHECARY:

Peppermint oil has been used to treat stomach ailments for centuries, and is currently being researched for its use as



Peppermint - Product(s): Soothe - Calming Cream

a potential treatment for irritable bowel syndrome. It also has a cooling effect when used topically for muscle pain, nerve pain, and itching. Peppermint tea is popular both for its flavor and for its health benefits, mainly for gastrointestinal ailments. Steam from peppermint tea is effective in easing sinus congestion, and soothes inflammation of the nose and throat membranes.

SOURCES:

1. <https://www.herbal-supplement-resource.com/peppermint-herb.html>
2. <http://www.witchipedia.com/herb:peppermint>



Orange Peel – Product(s): Soothe – Calming Cream

LATIN NAME:

Citrus Aurantium Dulcis

COMMON NAME:

Orange Peel Extract, Bitter Orange

LOCATION:

Southeast Asia, Florida, Bahamas, Spain

DESCRIPTION:

Bitter orange is native to Southeast Asia and has spread to many parts of the world. The wild orange trees are typically found near secluded streams, and other wooded areas. Orange peel extract is commonly used in personal care and cosmetic products including bath products, soaps, detergents, skin care products, cleansers, fragrances, and hair products. Many varieties of bitter orange are used for their essential oil in perfumes, flavoring, and even as a solvent.

TRADITIONAL APOTHECARY:

Orange extract is a natural astringent, with powerful antibacterial and toning properties. It has a sharp, uplifting aroma. A good source of vitamin C, bitter orange is used in herbal medicine as a stimulant and appetite suppressant. The fragrant floral extract can also be used on sensitive, irritated skin and to treat fungal skin infections such as ringworm and athlete's foot. But most experts warn against the internal use of bitter orange and its extract, as it has been linked to serious side effects and even deaths.

SOURCES:

1. http://earthsciencenaturals.com/ingredients_glossary/10047/Citrus-Aurantium-Dulcis-%28Orange%29-Fruit-Extract.html
2. <http://www.cosmeticsinfo.org/ingredient/citrus-aurantium-dulcis-orange-peel-extract>
3. <https://www.dermalinstitute.com/us/library/glossary.html?!=C>
4. <https://www.webmd.com/vitamins-supplements/ingredientmono-976-BITTER+ORANGE.aspx>

LATIN NAME:

Citrus Nobilis

COMMON NAME:

Mandarin Orange, Tangerine

LOCATION:

Southwest China, Northeast India

DESCRIPTION:

Citrus nobilis, better known as the tangerine or mandarin tree, grows in tropical areas around the world. It produces sweet, easy-to-peel fruits. The tangerine is among the most frost-tolerant trees in the world (though the fruits themselves can be damaged by the cold). Tangerines and mandarins are typically eaten fresh, but can also be processed into juices, beverages, cocktails, jams, flavored liquors, and candies. China alone produces nearly half the global yield of tangerines, which are the second most widely cultivated citrus fruit.

During Chinese New Year, mandarin and tangerine oranges are traditional symbols of abundance and good fortune. They are frequently displayed as decoration, and given as gifts during the two-week celebration.

TRADITIONAL APOTHECARY:

In traditional Chinese medicine, the dried peel of the fruit is used to regulate chi (vital energy), treat abdominal distension, enhance digestion, and reduce phlegm. Tangerine essential



Mandarin Orange - Product(s): Soothe - Calming Cream

oil is soothing to the nervous system and has a tonic effect on the digestive system, helping with gas, diarrhea, and constipation. It can also be applied topically to treat stretch marks and increase circulation.

SOURCES:

1. http://eol.org/pages/582204/hierarchy_entries/58896299/overview
2. http://eol.org/pages/582204/hierarchy_entries/58896299/details#Medicinal_uses
3. <http://www.natural-holistic-health.com/tangerine-citrus-nobilis-essential-oil-profile-benefits-properties/>



Damask Rose – Product(s): Soothe – Calming Cream

LATIN NAME:

Rosa Damascena

COMMON NAME:

Damask Rose

LOCATION:

Middle East, Central Asia, Bulgaria, Turkey, France, India

DESCRIPTION:

The Damask rose, sometimes known as the rose of Castile, is commercially harvested and distilled into rose oil. Rose oil is used in both perfume and rose water. It is used commonly in Persian, Indian, and Middle Eastern cooking and is often sprinkled on meat dishes, while rose powder is added to sauces. The Damask rose petals are edible, and can be used as a garnish and in herbal teas. The beautiful flower is a well-known ornamental plant, and is found in parks, gardens, and homes worldwide.

The heady fragrance of the rose has been captured and preserved as rose water since ancient times. The Damask rose is said to symbolize beauty, purity, faith, and love.

TRADITIONAL APOTHECARY:

Rosa damascene is popular in Iranian medicine – various parts of the flowers, petals, and seeds of the plant may prove to have a wide variety of curative properties. A decoction of the flowers has been used for treatment of chest and abdominal pains, menstrual bleeding, and as an aid to digestion. The plant has shown to be effective in decreasing blood sugar levels and aid in managing diabetes. The plant also has strong antibacterial properties that fight against a wide array of bacteria such as E. coli, Staph, and more.

SOURCES:

1. <https://www.sciencedirect.com/science/article/pii/S2225411015000954>
2. <https://biofoundations.org/the-medicinal-and-therapeutic-benefits-of-rosa-damascena/>

LATIN NAME:

Vanilla Planifolia

COMMON NAME:

Vanilla Orchid, Tahitian Vanilla

LOCATION:

Mexico, Central America

DESCRIPTION:

The vanilla orchid, native to Mexico and Central America, is one of the primary sources of vanilla flavoring and vanilla perfume. The plant produces fruits, often referred to as beans, that are harvested for their essential oil and vanilla extract. The extract acts as a much loved flavoring agent, and also reduces the amount of sugar necessary to sweeten foods—especially confectionary and dessert items. Harvesting vanilla orchids is surprisingly dangerous, as care must be taken to avoid contact with the stem's sap. Contact with the skin can cause moderate to severe dermatitis.

Vanilla can cause allergic responses when applied topically or taken internally. 'Vanillism' is a condition that can impact workers handling vanilla – symptoms include headache, dermatitis, and insomnia.

TRADITIONAL APOTHECARY:

Vanilla can be used medicinally as an aphrodisiac, a stimulant, a fever reducer, and as an aid in gastric ailments. In food



Vanilla - Product(s): Soothe - Calming Cream

studies, meals flavored with vanilla provide a greater degree of satiety versus identical, unflavored meals. Research has shown that vanillin—the main molecule in the plant—has antimicrobial and antioxidant properties. Vanillin has also demonstrated a surprising effect in experiments with diseased mice: it reduced the percentage of sickle cells present in their bloodstream, and may have applications for human use.

SOURCES:

1. <http://powo.science.kew.org/taxon/urn:lsid:ipni.org:names:262578-2>
2. <https://www.drugs.com/npp/vanilla.html>



Lemon - Product(s): Arouse - Stimulating Serum, Soothe - Calming Cream

LATIN NAME:

Citrus Limon

COMMON NAME:

Lemon

LOCATION:

Asia, Italy, Persia, Iraq, Florida, California

DESCRIPTION:

Lemons are the fruit of a species of evergreen tree. Their juice has both cleansing and culinary purposes, while its pulp and rind are used in cooking and baking. Lemons are a rich source of vitamins and nutrients, and can be found in many foods and drinks: marmalade, liqueur, garnish, zest, cakes and cookies, marinades, and more. Lemon juice also serves as a short-term preservative for certain foods, such as apples. Lemons are also used to make cleaning agents, thanks to their high acidity, solvent properties, and deodorizing aroma.

Christopher Columbus brought lemon seeds to Hispaniola during his 15th century voyages, and the Spanish conquests then spread the lemon throughout the New World.

TRADITIONAL APOTHECARY:

Lemon oil can be used in aromatherapy to aid in relaxation. The fruit is also rich in Vitamin C, which helps the body build immunity and fight off infections. It has proved effective in treating symptoms of flu, tonsillitis, headache, and the common cold. Applied topically, lemon juice is an astringent, bactericide, and can be gargled to ease sore throats. It is also a strong antiseptic, fighting effectively against more than 20 different germs. Its abilities to help eliminate toxins and stimulate the appetite make lemons a popular ingredient in dieting and cleansing.

SOURCES:

1. <https://en.mr-ginseng.com/lemon/>
2. <http://www.naturalmedicinalherbs.net/herbs/c/citrus-limon=lemon.php>

LATIN NAME:

Lavandula Angustifolia

COMMON NAME:

Lavender

LOCATION:

England, Spain, France, Italy, Croatia, Northern Africa

DESCRIPTION:

Lavender is an aromatic shrub that displays pinkish-purple flowers at the top of its leafless stems. It is commonly grown as an ornamental plant for both its color and fragrance. The flowers and leaves are used in herbal medicine in the form of tea or lavender oil. Lavender essential oil is used in aromatherapy and massage therapy, as well as to perfume lotions, bath oils, soaps, and other products. The flower can also be used as a culinary herb.

TRADITIONAL APOTHECARY:

Lavender is known for its sweet-scented aroma, an aid in soothing and relaxation. Research suggests it may also be useful for treating anxiety, insomnia, depression, and restlessness. Lavender essential oil can be applied as a gentle antiseptic to heal wounds and burns. The oil can also be applied to the temples to relieve headaches. Overall, lavender is better known for its aromatic properties than for its value as a medicinal herb.



Lavender - Product(s): Soothe - Calming Cream

SOURCES:

1. <https://www.pfaf.org/user/Plant.aspx?LatinName=Lavandula+angustifolia>
2. <https://www.medicalnewstoday.com/articles/265922.php>



Licorice Root - Product(s): Honor - Everyday Balm

LATIN NAME:

Ammonium Glycyrrhizinate

COMMON NAME:

Licorice Root

LOCATION:

Europe, Asia

DESCRIPTION:

Commonly known as licorice root, ammonium glycyrrhizinate is an extract used to form gels and stabilize emulsions. It soothes skin irritations and regulates pH levels. Because of its sweet taste, licorice root is often used in toothpastes and throat lozenges.

TRADITIONAL APOTHECARY:

Licorice root is used in a wide variety of medical and cosmetic products and sweeteners, due to its excellent anti-inflammatory and antiallergenic pharmacological effects. Some of these products include cough drops, cough syrups, tonics, laxatives, and antismoking lozenges. It can also aid in cases of food poisoning, ulcers, and heartburn because it is able to speed repair of the stomach lining. The extract has been used as an herbal remedy to enhance well-being and provide energy.

SOURCES:

1. <http://www.weleda.com.au/licorice-root-ammonium-glycyrrhizate/>
2. <https://herbadiet.in/products/pure-mono-ammonium-glycyrrhizinate-mag-ep-98-licorice-root-glycyrrhiza-glabra?variant=5901450051622>
3. <https://www.healthline.com/health/licorice-the-sweet-root#2>

LATIN NAME:

Betaine

COMMON NAME:

Sugar Beet

LOCATION:

Russia, France, Germany, Turkey, U.S. (North Dakota, Minnesota)

DESCRIPTION:

Betaine, commonly derived from the sugar beet, is a naturally occurring nutrient found in many plants and animals. It serves as an osmolyte, which protects against dehydration and stress caused by cell water loss. It can easily be added to foods and beverages as a natural flavor-enhancer, and can minimize the unfavorable taste of vitamins, minerals, and other supplements. Its humectant properties allow it to extend the shelf life of many foods.

TRADITIONAL APOTHECARY:

Many athletes use sugar beet extract to enhance their performance by improving their sense of well-being, decreasing fatigue, and providing greater strength and endurance. Sugar beet extract also offers excellent moisturizing properties, leaving the skin and hair feeling smooth and soft. Hand sanitizers often include betaine to cut stickiness.



Sugar Beet - Product(s): Refresh - Cleansing Spray

SOURCES:

1. <http://nutriscienceusa.com/betaine-anhydrous/>



Tea Tree Oil – Product(s): Refresh – Cleansing Spray

LATIN NAME:

Melaleuca Alternifolia

COMMON NAME:

Tea Tree (oil)

LOCATION:

Queensland and New South Wales, Australia

DESCRIPTION:

Tea tree oil is an essential oil derived from the leaves of the tea tree, native to southeast Queensland and New South Wales in Australia. Though toxic when taken internally, it can be used as a subtle flavoring in toothpicks and toothpaste. It is commonly used as a topical medicine for the skin.

The tea tree was named in the 18th century by sailors, who made tea from the leaves of the trees that proliferated along the Australian coast.

TRADITIONAL APOTHECARY:

Tea tree oil is a popular topical folk remedy for dandruff, acne, lice, bug bites, scabies, and some fungal or bacterial infections. It is applied as an antiseptic for cuts, abrasions, burns, and stings. Some add tea tree oil to bath water to treat cough and congestion.

SOURCES:

1. <https://nccih.nih.gov/health/tea/treeoil.htm>
2. <https://www.webmd.com/vitamins-supplements/ingredientmono-113-TEA+TREE+OIL.aspx>

LATIN NAME:

Geranium

COMMON NAME:

Cranesbills

LOCATION:

Mediterranean, Southern Africa

DESCRIPTION:

Geranium, also known as cranesbills, is a genus that includes more than 400 annual, biennial, and perennial flowering plants. The flowers vary in beautiful shades of pink to deep reds and violets. Geraniums are most commonly used ornamentally, and can be found in gardens, as ground cover, and as hanging plants. Some species of geranium are used in essential oils for perfumery, soaps, ointments, and dusting powders.

Thanks to its rich tannin rhizome, early American settlers used geranium to tan hides.

TRADITIONAL APOTHECARY:

Geranium is believed to lower stress, reduce inflammation, relieve menstrual pain, strengthen the immune system, aid in digestion, improve kidney function, and boost skin and hair health. It also has antiseptic, anti-fungal and antibacterial properties, which assist in healing wounds more rapidly. The essential oil of geraniums is sought after



Geranium - Product(s): Arouse - Stimulating Serum

for its rose-like aroma, which has a calming, meditative effect. Adding the essential oil to one's skin care or bath routine can help tighten, tone, and keep skin blemish-free.

SOURCES:

1. <https://previews.123rf.com/images/firina/firina1507/firina150700011/42100541-geranium-flowers-on-windowsill.jpg>
2. <https://www.organicfacts.net/health-benefits/herbs-and-spices/geranium.html>



Bitter Orange Oil - Product(s): Soothe - Calming Cream

LATIN NAME:

Neroli

COMMON NAME:

Neroli (Bitter Orange Oil)

LOCATION:

Morocco, Eastern Africa, Asia, Florida, California

DESCRIPTION:

Neroli is an essential oil produced from the blossoms of the bitter orange tree—which, interestingly, produces three different essential oils. Neroli itself is an distilled from the small, white, waxy flowers of the tree. Its scent is sweet, honeyed, and somewhat spicy. It is extremely popular in perfumery, and used to a limited extent in flavorings—it is believed by some to be one of the “secret ingredients” used to flavor Coca-Cola.

The oil received its name in the 17th century from the princess of Nerola, Italy. Her Majesty required the essence of bitter orange perfume in her baths and her gloves.

TRADITIONAL APOTHECARY:

Neroli is excellent in soothing nerves, and in relieving feelings of grief and despair. It can reduce blood pressure and cortisol levels through its scent alone. It is effective for pain management and inflammation – a study published in the Journal of Natural Medicines established its ability to reduce acute and chronic inflammation. Neroli can also decrease the symptoms of menopause, increase libido, and reduce blood pressure. The essential oil is a great addition to a beauty routine thanks to its ability to regenerate skin cells, improve skin elasticity, and balance the skin’s natural oils.

SOURCES:

1. <https://draxe.com/neroli-essential-oil/>
2. <https://www.organicfacts.net/health-benefits/essential-oils/neroli-essential-oil.html>

WHAT ABOUT THOSE FUNNY SOUNDING INGREDIENTS?

WHAT DO THEY DO?

Acacia Senegal Gum (See Acacia)

Extracted from the acacia tree. Used as a thickening agent and has firming benefits.

Product(s): Soothe - Calming Cream

Ammonium Glycyrrhizinate (See Licorice)

Derived from licorice root. Used to form gels and stabilize emulsions. Soothes irritation and regulates pH levels.

Product(s): Honor - Everyday Balm

Beeswax

Purified wax from the honeycomb of the bee.

Thickening agent with emollient properties.

Product(s): Honor - Everyday Balm, Soothe - Calming Cream

Behenyl Beeswax

Modifies beeswax to be less crystalline. Used as a viscosity-controlling agent.

Product(s): Soothe - Calming Cream

Benzoic Acid

An alkyl benzoate preservative that occurs naturally in cherry bark, raspberries, tea, anise, and cassia bark. Benefits of benzoic acid in skincare include anti-aging, soothing, and moisturizing properties.

Product(s): Refresh - Cleansing Spray

Betaine

Primarily functions as a humectant and anti-irritant. The small

polar molecules of this ingredient are prone to hydrogen bonding, which in turn gives it the ability to retain moisture.

Product(s): Refresh - Cleansing Spray

Bisabolol

Naturally occurring in chamomile. Extract improves skin texture. Fragrance and skin-conditioning.

Product(s): Honor - Everyday Balm, Soothe - Calming Cream

Caprylic/Capric Triglyceride

An emollient and skin-replenishing ingredient derived from coconut oil and glycerin. Its mix of fatty acids can help the skin replenish its surface and resist moisture loss.

Product(s): Honor - Everyday Balm, Arouse - Stimulating Serum, Soothe - Calming Cream

Caprylyl/Capryl Glucoside

Surfactant obtained from renewable raw materials: fatty alcohols and glucose of vegetable origin.

Product(s): Refresh - Cleansing Spray

Cetearyl Alcohol

Made from a mixture of fatty alcohol compounds found in coconut oil. Used a stabilizer to keep an emulsion from separating. Emollient properties leave skin soft

Product(s): Soothe - Calming Cream

Cetearyl Glucoside Surfactant

Cleansing agent. Derived from plant sugars and fatty acids.

Product(s): Soothe - Calming Cream

Citric Acid

Weak acid found in both plants and animals. Used as a preservative, and to help adjust pH balance. Buffering agent and skin conditioning agent.

Product(s): Soothe - Calming Cream, Refresh - Cleansing Spray

Glycerin

Naturally occurring alcohol compound and a component of many lipids, of vegetable origin. Improves the skin's smoothness and moisture content. It is a humectant (attracts moisture to the skin), naturally emollient, and has a cooling effect on the skin.

Product(s): Soothe - Calming Cream, Refresh - Cleansing Spray

Hydrogen Peroxide

Antimicrobial agent and oxidizing agent. The function of antimicrobial agents is to kill or inhibit the growth of microorganisms.

Product(s): Refresh - Cleansing Spray

Lecithin

Naturally occurring lipid found in both plants and animals. Skin-conditioning agent and surfactant.

Product(s): Honor - Everyday Balm, Soothe - Calming Cream

Linoleic Acid

Unsaturated fatty acid from edible fats and oils. Cleansing agent and skin-conditioning agent.

Product(s): Honor - Everyday Balm, Soothe - Calming Cream

Oleic Acid

Fatty acid that occurs naturally in various vegetable fats and oils.
Cleansing agent and texture enhancer.

Product(s): Honor - Everyday Balm, Soothe - Calming Cream

Oleyl alcohol

Long chain fatty alcohol. Helps to form emulsions, and to prevent an emulsion from separating into its oil and liquid components.

Product(s): Arouse - Stimulating Serum

Palmitic Acid

Saturated fatty acid, derived primarily from the oil of palm.
Used as an emollient, skin-conditioner, and cleansing agent.

Product(s): Honor - Everyday Balm, Soothe - Calming Cream

Phytosteryl Canola Glycerides

Canola-based emollient with anti-inflammatory properties.
Helps moisturize skin and protect skin barrier function.

Product(s): Honor - Everyday Balm, Soothe - Calming Cream

Sodium Citrate

Sodium salt of citric acid. Used primarily to control the pH level of a product, this ingredient also has antioxidant and preservative properties.

Product(s): Refresh - Cleansing Spray

Sodium Stearoyl Glutamate

Emulsifier derived from coconut and amino acids.
Cleansing and skin-conditioning.

Product(s): Honor - Everyday Balm

Squalene

A natural organic compound obtained primarily from vegetable oils. A natural component in human sebum (a skin secretion) that acts as a lubricant on the skin's surface, giving it a soft and smooth appearance.

Product(s): Arouse - Stimulating Serum

Stearic Acid

A naturally occurring fatty acid. Can be used as a fragrance ingredient, surfactant or emulsifier.

Product(s): Honor - Everyday Balm, Soothe - Calming Cream

Stearyl Alcohol

This natural fatty alcohol is derived from coconut oil or vegetable fatty acids, and is used as a conditioning agent and as an emulsifier.

Product(s): Soothe - Calming Cream

Tocopherol

Vitamin E antioxidant isolated from vegetable oil.
A skin-conditioning agent.

Product(s): Honor - Everyday Balm, Arouse - Stimulating Serum, Soothe - Calming Cream

Tocopheryl Acetate

Chemical compound of acetic acid and vitamin E. Antioxidant and skin-conditioner.

Product(s): Honor - Everyday Balm

Triolein

Triester of glycerin and oleic acid. Skin-conditioning agent.

Product(s): Honor - Everyday Balm, Soothe - Calming Cream

Xanthan Gum

Sugar-based polymer produced by bacteria. Used as a viscosity agent.

Product(s): Soothe - Calming Cream

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