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## Exploring Alternatives for Skin and Scalp Care Routine? Consider Seaweed.

### Direct to You: Seaweed and Skincare Insights

**The use of seaweed-derived ingredients in skincare products has increased in recent years.** This trend is most likely influenced by the many scientific studies that have identified the potential skincare properties of seaweed bioactives.<sup>1</sup> And, that more and more people are showing a preference for products with natural ingredients.<sup>2</sup>

**Seaweeds, also known as macroalgae, are a rich source of various natural bioactive components,** including polysaccharides like fucoidan, vitamins like provitamin A, minerals like sodium, proteins, lipids, and polyphenols. These bioactive components have a wide range of biological functions, including antioxidant, anti-inflammatory, antibacterial, and more health-promoting properties that can be used in products like foods, cosmetics, and medicine.

**Bioactives are compounds naturally found in nature.** They come mainly from plant-based materials like fruits, vegetables, and whole grains. A bioactive compound could be in the form of an oil or an extract from these materials. They basically interact with an organism's living tissues and cells to have a biological effect on them. In a nutshell, it is an interaction between two properties. So, outside of what is grown on land, we also consider what is underneath in the ocean. A special, unique suite of compounds is found in large brown macroalgae, like our laminaria digitata.

**7 Fathoms seaweed extract** (laminaria digitata) is a highly prized ingredient in skincare formulations for its skin-beneficial properties. Preliminary analysis of 7 Fathoms extract samples for fucoidan indicates that 7 Fathoms extraction process retains this compound at a much higher level than other commercially prepared samples. The results of this study are available upon request.

**There are over 12,000 seaweed species in the world.** As we investigate the vast depths of the ocean, so many different species have probably never been discovered yet. We believe there are over 300 species in our Newfoundland and Labrador coastal waters. Seaweed comes in three types: brown, red, and green.

**7 Fathoms produces its seaweed extract from Laminaria digitata** (Oarweed), a brown seaweed. We harvest this important and primary ingredient from our cold and turbulent waters. It is one of the reasons that makes our seaweed extract so exceptional.

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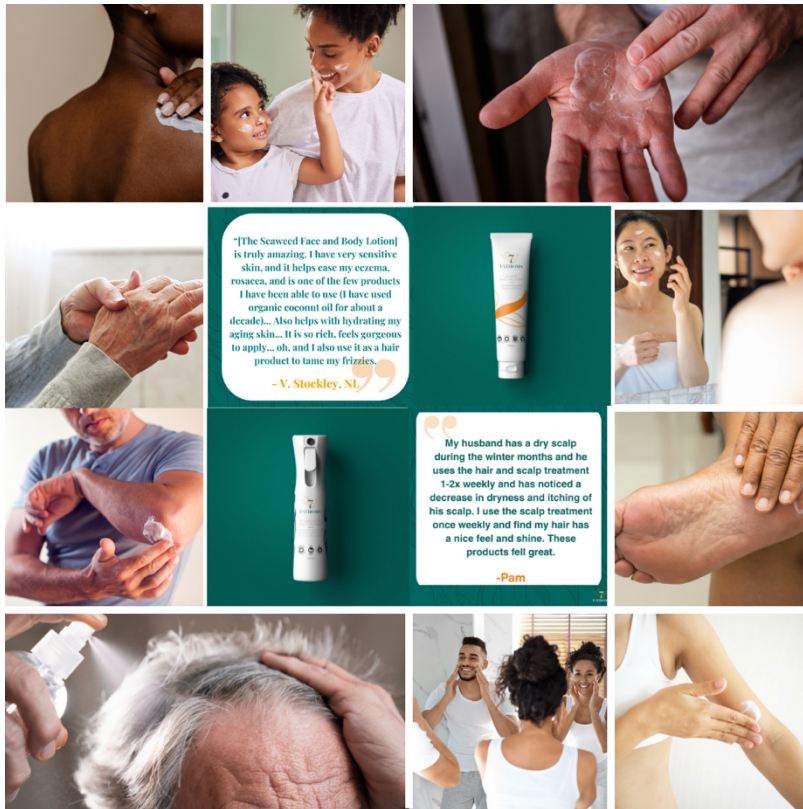
1 López-Hortas L, Flórez-Fernández N, Torres MD, Ferreira-Anta T, Casas MP, Balboa EM, Falqué E, Domínguez H. [Applying Seaweed Compounds in Cosmetics, Cosmeceuticals and Nutricosmetics](#). Mar Drugs. 2021 Sep 29;19(10):552. doi: 10.3390/md19100552. PMID: 34677451; PMCID: PMC8539943.

2 Jesumani V, Du H, Aslam M, Pei P, Huang N. Potential [Use of Seaweed Bioactive Compounds in Skincare-A Review](#). Mar Drugs. 2019 Dec 6;17(12):688. doi: 10.3390/md17120688. PMID: 31817709; PMCID: PMC6950024.

**7 Fathoms novel and proprietary seaweed extraction approach** ensures that its valuable bioactive compounds are not lost, distorted, or destroyed during extraction. It remains a whole (not fractured) aqueous (not dried) extract.

**7 Fathoms prized ingredient** is our seaweed extract, *Laminaria digitata* (LD.) Our products have an exceptionally high percentage of our star ingredient extract, ranging from 60% of the total volume in our lotion to 90% in hair & scalp spray.

### Seaweed and Skin



**Skin hydrating properties:** Maintaining moisture in the skin is important to skincare and improves the skin's texture and state. Seaweed acts as a moisturizer (creates a protective barrier that locks in hydration and prevents water loss) and is a powerful humectant (binds water to the skin's surface.)

**Nutrients:** Seaweed is packed with vitamins, minerals, and antioxidants. These nutrients can repair damage from dryness.

**Anti-Inflammatory:** Due to its anti-inflammatory properties, seaweed can calm and moisturize irritated skin.

**Barrier Support:** Seaweed can keep the skin's barrier strong. It helps moisturize and protect against environmental conditions.<sup>3</sup>

**7 Fathoms Seaweed Skin Care Lotion** is multi-functional. Customers use it for all parts of their skin (head to toe) and benefit from its skin-nourishing bioactive seaweed compounds to nourish, protect, and strengthen their skin, scalp, and hair.

Join our Tuesday Weekly Newsletter to learn more; [click here](#).

<sup>3</sup> Jesumani V, Du H, Aslam M, Pei P, Huang N. Potential Use of Seaweed Bioactive Compounds in Skincare-A Review. Mar Drugs. 2019 Dec 6;17(12):688. doi: 10.3390/md17120688. PMID: 31817709; PMCID: PMC6950024.