Carrier Oils, Essential Oils and Butters for Dry Skin

Dry Skin types produce less sebum than normal skin, which can be caused by weather conditions (like extreme cold or dry heat with low moisture in the air), overbathing or using too hot of water or harsh soaps, changes with age, a vitamin B deficiency, insufficient hydration, sun damage, atopic dermatitis or eczema.

Dry skin, also known as xerosis or xeroderma, can be improved by using moisturizing ingredients, avoiding drying conditions or staying away from harsh soaps.



Vital Elements for Dry Skin







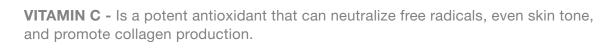
These vitamins can be found in some of the following ingredients, which help to hydrate dry skin, maintain a healthy moisture balance, improve damaged skin and protect the skin's' barrier function.

VITAMIN A - Stimulates the production of collagen to reduce fine lines and wrinkles, fuels cell turnover, decreases oil-production, has an anti-inflammatory antioxidant effect. Retinoid also stimulates the production of new blood vessels in the skin, which improves skin color. Additional benefits include fading age spots and softening rough patches of skin.



VITAMIN B - The B vitamins actually consist of 8 different varieties, B1 (thiamine), B2 (riboflavin), B3 (niacinamide), B5 (pantothenic acid), B6 (pyridoxine), B7 (biotin), B9 (folic acid or folate) and B12(cobalamin). From improving the appearance of fine lines and wrinkles, to improving skin tone and balancing natural oils, the range of benefits are great for dry or acne-prone skin. B6 can diminish the effects of hormonal imbalance, which can cause acne, redness and inflammation.

One study has shown that B vitamins can improve keratinocytes, which make up over 90% of the cells of the epidermis. B vitamins reduce natural water loss in the skin, as well as influence human fibroblasts, which improve skin texture and firmness.





VITAMIN E - Promotes anti-oxidant activity, repairs and improves damaged skin while simultaneously moisturizing. It naturally enhances the skin's regeneration process, thus often alleviating discoloration and pigmentation. (This is why vitamin E is often thought of as a magical antidote for stubborn acne scars).

VITAMIN F - May be exceptionally beneficial for those with inflammatory skin issues. It helps reduce inflammation as well as regulate healthy cell function, and excessive water loss. It is best for people with highly sensitive skin and conditions such as atopic dermatitis, psoriasis, seborrheic dermatitis, rosacea, and acne as it calms inflammation and soothes troubled skin.



VITAMIN K - Potential antioxidant and anti-inflammatory, with known effects to help with blood clotting. Promotes cellular metabolism and has anti-inflammatory properties, promotes wound healing by increasing wound contraction and re-epithelialization, and may have some antioxidant properties.

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Vital Elements for Dry Skin







These fatty acids may enhance skin-hydration by sealing in the skin's moisture and reducing evaporation to the surrounding atmosphere. In addition, they offer the following benefit for cellulite-reducing products, and are commonly found in carrier oils.

OMEGA 3 - Alpha-linolenic acid exhibits anti-oxidant properties, prevents inflammation.

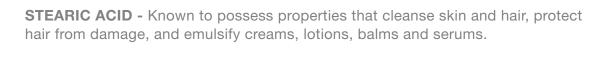
OMEGA 6 - Linoleic acid encourages moisture retention in skin, exhibits anti-inflammatory properties, and encourages anti-oxidant activity.



OMEGA 9 - Oleic acid has powerful anti-oxidant properties and prevents inflammation.

ARACHIDIC ACID - Shows potential to act as an emollient in creams, lotions, balms and serums. It's said to enhance skin's appearance by restoring suppleness.

PALMITIC ACID - Also an emollient and known to soften the skin by forming a water-blocking layer, helping to retain moisture.







To discover more about our natural solutions for your formulations ask us about our additional application brochures.



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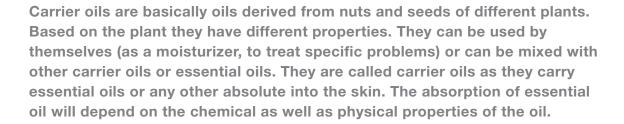
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Carrier Oils for Dry Skin



APRICOT Prunus armeniaca CARRIER OIL

Helps to lessen swelling and puffiness, and decrease fine lines and wrinkles through its antioxidants. This nourishing oil works well on dark under-eye areas and brightening the skin. It is an emollient, easily absorbed, making it perfect to help exfoliate and retain moisture and sustain elasticity in the skin. It can help ease dry skin and due to its anti-inflammatory properties, which may ease conditions like rosacea, psoriasis and eczema. It has high levels of Omega 6 linoleic acid and oleic acid Omega 9, and Vitamins A, B, E and K. These natural antioxidants may improve skin tone, maintain softness and radiance, nourish the skin and reduce the appearance of wrinkles, fine lines and blemishes by rebuilding collagen.

AVOCADO Persea americana CARRIER OIL

Rich in oleic acid Omega 9 and linoleic acid Omega 6, its antioxidant properties that protect and rejuvenate the appearance of skin, great for maintaining moisture, which is critical for managing rosacea and anti-aging by the improvement of skin elasticity. Additionally, it boasts carotenoids, vitamin A, B, D, E, and Lecithin. Antimicrobial, antioxidant and antiinflammatory benefits help skin stay smooth, strong, elastic, with potential to calm itchy skin, heal chapped skin, hydrate and moisturize skin, shield skin from ultraviolet radiation, protect against damage. Avocado oil's properties may give skin smoothness, strength and elasticity.

COCONUT Cocos nucifera **CARRIER OIL**

It's packed with omega-6 linoleic acid, anti-inflammatory, moisturising, antifungal, antibacterial and antimicrobial activity due to the medium-chain fatty acids like lauric acid. Coconut oil, containing up to 92 percent saturated fats, has the highest levels of saturates of all the vegetable oils. Its saturated fatty acid level is even higher than butter. Nature's answer to conditioning skin, coconut oil reaches lower levels of the skin, hydrating and reducing dryness that may be a cause of wrinkles and fine lines. It also contains tocopherol, which is an antioxidant that helps to rejuvenate aging skin. It boosts the production of collagen and encourages the regeneration of cells. Coconut Oil's constituents fight free radicals, reduce wrinkles, clear and soothe skin, moisturize and prevent premature aging and wrinkling.

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Carrier Oils for Dry Skin







Is rich in antioxidant Vitamin E plus Vitamins A B, C and D. It also contains the minerals chromium, copper, and zinc, plus Omega 6 and 9, having anti-inflammatory, antimicrobial, antibacterial, antioxidant, hypoallergenic, antifungal properties. It may help plump up the skin and keep skin healthy, being good for all skin types, slowing down the appearance of aging. Jojoba oil is actually a liquid wax and is similar to the sebum our own body produces. A versatile oil, jojoba oil's high mineral content will leave skin looking smoother, whilst helping protect against dryness, as it will hydrate the skin and scalp. Due to its Vitamin E content, it can help increase hydration and penetrate deep, reaching below the top layer of skin for maximum nourishment.

MARULA Sclerocarya birrea EXOTIC CARRIER OIL



Considered the richest plant source of oleic acid Omega 9. Its powerful anti-oxidant properties may reduce inflammation, acne, blemishes, and scaring. Marula Oil works to diminish the appearance of scars, stretch marks, dryness, and cracking, facilitating the healing of irritation, hydrating skin to prevent moisture loss, and enhancing elasticity and firmness by boosting collagen production. Is abounds in antioxidants and vitamins C can neutralize free radicals, evening skin tone. Vitamin E promotes anti-oxidant activity, repairs and improves damaged skin while simultaneously moisturizing, naturally enhancing the skin's regeneration process. Marula oil is lightweight easily absorbing into the skin - an effective moisturizer for dry and aging skin.

OLIVE Olea europaea CARRIER OIL



Contains healthy fatty acids - Omega 3 exhibits anti-oxidant properties, preventing inflammation, Omega 6 encourages moisture retention in skin, exhibits anti-inflammatory and anti-irritant properties, promotes and encourages anti-oxidant activity that protect and rejuvenate the appearance of youthful looking skin. It is an effective emulsifier and thickener in cosmetic formulations, oleic acid Omega 9 is a powerful anti-oxidant, preventing inflammation and contributes to the skin's suppleness and moisture levels. These antioxidant properties may reduce the appearance of aging, such as age spots, premature wrinkles, and fine lines. It may relieve symptoms of dry skin, redness, or irritation. Rich in Vitamin A, E and K, it is a great moisturizer and helping the skin regenerate damaged skin cells, fading scars and smooths stretch marks. It also has antibacterial properties that will help reduce infections and breakouts. It is rich in squalene which is a compound with antioxidant, anti-inflammatory, and antibacterial properties to hydrate, lubricate, rejuvenate, soften skin, soothe irritation, and help with aging.

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Carrier Oils for Dry Skin







An excellent source of Omega 3 and 6, both are essential fatty acids collectively known as vitamin F which is very effective for cell and tissue regeneration, which gives elasticity to the skin and helps against signs of ageing, repairing scar tissue. Rosehip oil is high in vitamins C and A, and a rich source of antioxidants, antiviral, antibacterial, antifungal and essential fatty acids. These vitamins can help reduce signs of skin aging and may help prevent fine lines, unsightly scars or stretch marks. Rosehip oil also contains antioxidants like tocopherol Vitamin E and carotenoids that have been known to protect the skin. It is also rich in anti-inflammatory acids that may help soften redness and irritation and it contains two antioxidants called lycopene and beta-carotene, which are effective fighters against hyperpigmentation and dark circles around the eyes.

SANDALWOOD SEED Santalum spicatum EXOTIC CARRIER OIL



Sandalwood seed oil contains one of the rarest fatty acids found in the plant kingdom, ximenynic acid. It is a reliable source of acetylenic fatty acid called ximenynic acid (28-36.5%) which is an anti-inflammatory. Together with the emollient and nourishing properties of oleic acid with minor quantities of other common fatty acids, researchers have identified the pharmacological properties of Ximenynic acid as a potent anti-inflammatory agent that increases micro-circulation in skin and micro-vascular constriction to reduce varicose veins and cellulitis. It reduces sebum secretion (oily skin) and also reduces fat deposition under skin (Adipose tissue). It improves Skin Tone, Fine Lines, Increases Skin Hydration, Derma Strength and Increases dermal micro-circulation. It contains Omega 3, 6 and 9. Its amazing properties are Anti- inflammatory, Antioxidant for Scar and Wound Healing, Skin Whitening, Skin Nourishing: Skin Regeneration, Adjuvant treatment for Acne, Increases metabolic function, Helps in blood flow, circulation, Reduction of hyper-pigmentation in the skin. All these properties leave the skin looking younger and healthy.

SWEET ALMOND Prunus amygdalus dulcis CARRIER OIL



Antibacterial, antifungal, anti-inflammatory, rich in essential fatty acids (linolenic acid Omega 3, Omega 6 linoleic acid and oleic acid Omega 9), and vitamins A & E, B7 or biotin and K, which is a natural antioxidant. A great source of magnesium, phosphorus and copper. Almond Oil's constituents will help sooth dry skin and can improve complexion and tone. The antibacterial properties and richness in vitamin A make it suitable in helping treat acne. The vitamin E content can help heal sun damaged skin, help with signs of aging and fade scars. It can help to lighten dark circles under the eyes and reduce under-eye puffiness, thanks to its anti-inflammatory and antioxidant properties. Almond oil also contains retinol, vitamin E, and vitamin K, which can keep the delicate skin under eyes smooth without irritating it. The nutrients in Almond Oil destroy free radicals, reducing fine lines, wrinkles and sagging skin, which may help prevent premature aging and safeguard against sun damage.

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Essential Oils for Dry Skin



Essential Oils can offer a plant based natural alternative to combating dry skin. Blending several oils together and adding to a carrier oil, cream or a body serum will help to hydrate and nourish or calm dry irritated areas. Or, like in the case of lavender, some essential oils may help balance your skin's moisture barrier, so that it isn't too oily or too dry. Consider these oils below for their properties to brighten, smooth, and moisturize the appearance of skin naturally.



CARROT Daucus carota **ESSENTIAL OIL**

Can help soothe irritated skin thanks to the content of vitamin E and Anti-inflammatory properties.



CHAMOMILE ROMAN Chamaemelum nobile ESSENTIAL OIL

It's anti-inflammatory properties can help calm and sooths the skin treating cracked skin, burns, acne, eczema, sensitive skin, and dry skin.



FRANKINCENSE Boswellia carterii ESSENTIAL OIL

Is naturally astringent and may help repair and regenerate skin cells. It is a fabulous oil for nourishing rough, dry and chapped skin. It also works as a hydrating dry skin treatment, especially for mature skin.



GERANIUM Pelargonium graveolens ESSENTIAL OIL

Works well for all types of skin, balancing the oil production and helps with moisturising the skin. It also has antibacterial properties.



HELICHRYSUM Helichrysum italicum ESSENTIAL OIL

It is an anti-inflammatory with abundant antioxidant effects for restoring and maintains skin health.



HYSSOP Hysopus officinalis **ESSENTIAL OIL**

Has antimicrobial, antioxidant and anti-inflammatory that helps sooth irritated skin conditions, sooths and moisturises the skin.

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Essential Oils for Dry Skin





JASMINE Jasminum officinale ESSENTIAL OIL

Is has soothing properties that can help irritated, itchy, and dry skin without causing unwanted breakouts.



LAVENDER Lavandula angustifolia ESSENTIAL OIL

It can help heal irritated stressed skin great for all types of skin. Helps balance skin's moisture barrier, so that it isn't too oily or too dry.



MANUKA Leptospermum scoparium ESSENTIAL OIL

Is similar to Tea Tree, it can help reduce the discomfort, redness, and itching associated with dry, irritated skin. It helps keep outer layers of the skin hydrated.



MYRRH Commiphora myrrha ESSENTIAL OIL

Is packed with compounds that feed the skin, is powerful against dry, inflamed and aging skin. It contains skin-soothing limonene, bacteria-fighting germacrene, anti-fungal curzerene and magnesium.



SANDALWOOD Santalum spicatum ESSENTIAL OIL

May help speed up skin tissue repair. It is very gentle to the skin helping with the healing of damaged sensitive areas of the skin.



YLANG YLANG Cananga odorata ESSENTIAL OIL

Can be used for all types of skin its especially effective for ageing skin and skin with wide pores. It is especially effective for spot prone skins due to its antibacterial properties.

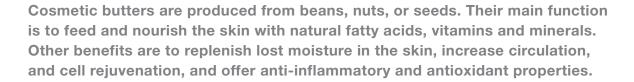
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COCOA Theobroma cacao **BUTTER**

It contains fatty acids Linoleic Acid Omega 6, Oleic Acids Omega 9, Stearic Acid, Palmitic Acid, Arachidic Acid, Palmitoleic Acid, Vitamin E, Vitamin K, alpha-Linolenic Acid, and Phytosterols (namely Stigmasterol). It is known for its high oxidative stability as a result of it being naturally rich in antioxidants and vitamin E. It melts at body temperature and works to naturally soothe dry, sensitive skin while reducing and preventing the appearance of scars and unwanted marks. It is believed to have photo-protective properties that protect against harmful UV radiation. The anti-inflammatory properties moisturize and relieve skin afflicted with swelling, irritation, and redness. The polyphenols in Cocoa Butter are known to diminish the appearance of aging by enhancing skin's moisture content, skin tone, elasticity, and collagen production.

COFFEE Coffea arabica **BUTTER**

Is one of the richest sources of antioxidants, which protects the skin against free radicals. It also restores skin smoothness and protects against UV light. It improves blood flow giving skin a radiant look. It tightens the skin to reduce the appearance of cellulite, and prevents wrinkles. It's packed with vitamin E, fatty acids Omega 3 and 9 with strong antioxidants, promoting wound and scar healing. It has moisturizing properties, which give the skin a youthful look. It has a high concentration of chlorogenic acid, fatty acids, and phytosterols, both hydrating and softening to reduce the appearance of cellulite, help manage symptoms of acne, sores, itching, scaling and dead cell build-up, like scar tissue.

CUPUACU Theobroma grandiflorum **EXOTIC BUTTER**

With a high-capacity to absorb water, approximately higher than that of lanolin, it acts as a plant-based substitute. It contains phytosterols (especially beta-sitosterol), which regulate the water balance and activity of lipids on the superficial layer of the skin. Additionally, this butter may serve as an anti-inflammatory for smoothing cellulite. Cupuaca Butter has lots of omega fatty acids and anti-oxidizing polyphenols, in addition to essential vitamins and nutrients such as B vitamins, amino acids, flavanoids, calcium, selenium and at least nine anti-oxidants including Vitamins A and C. As an added bonus, cupuacu provides a protective barrier against UV rays, helping to prevent skin damage due to the sun.

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HEMP Cannabis sativa **BUTTER**

Is rich in polyunsaturated fatty acids, omega 6, omega 3 and protein. It is a good source of tocopherols, or Vitamin E antioxidants. Packed with minerals such as potassium, magnesium, iron, zinc, calcium, and phosphorus. It is easily absorbed into the skin, moisturizing without being greasy. Hemp seed is similar to our skin's own natural lipids, penetrating deep into the cells moisturizing both the epidermis and subdermal layers. A natural emollient with healing properties that leave skin looking rejuvenated and younger in appearance. It nourishes the skin and protects against dryness and the signs of aging that speed up during exposure to the sun and natural toxins.



ILLIPE Shorea stenoptera **EXOTIC BUTTER**

It is similar to the skin nourishing benefits. The main chemical constituents are: Palmitic Acid, Stearic Acid, Oleic Acid, Linoleic Acid. Contains Vitamins A Stimulates the production of collagen to reduce fine lines and wrinkles, fuels cell turnover, decreases oil-production, has an anti-inflammatory antioxidant effect. Retinoid also stimulates the production of new blood vessels in the skin, which improves skin color. Additional benefits include fading age spots and softening rough patches of skin. Vitamin E Promotes anti-oxidant activity, repairs and improves damaged skin while simultaneously moisturizing. It naturally enhances the skin's regeneration process, thus often alleviating discoloration and pigmentation. (This is why vitamin E is often thought of as a magical antidote for stubborn acne scars). Omega's 6 Linoleic acid encourages moisture retention in skin, exhibits anti-inflammatory properties, and encourages anti-oxidant activity and 9 Oleic acid has powerful anti-oxidant properties and prevents inflammation.



KOKUM Garcinia indica **EXOTIC BUTTER**

It is rich in essential fatty acids Linoleic Acid Omega 6, Oleic Acids Omega 9, Palmitic Acid, and Stearic Acid. It also contains antioxidant Vitamin C and E. It acts as a potent emollient, or moisturizing agent. Kokum Butter is composed of beneficial compounds that help to regenerate skin cells and support skin elasticity. It is a non-comedogenic, non-pore-clogging butter that helps prevent dry skin and reduces wrinkles.

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MANGO Mangifera indica BUTTER



Has fatty acids Linoleic Acid Omega 6, Oleic Acids Omega 9, Palmitic Acid, Stearic Acid, Arachidic Acid and is high in Vitamin A, C, and E. Its high vitamin content protects skin against harsh environmental damage caused by overexposure to harmful UV radiation. Mango butter has moisturizing, softening and regenerative properties when applied to the skin, while reducing the appearance of dark spots. It has a protective effect against UV radiation. The emollients nourish skin by boosting its elasticity, tightening skin, making skin look smoother and firmer reducing the appearance of fine lines leaving the skin with a firmer appearance. Its ability to easily melt on skin contact and penetrate the skin without leaving it greasy. The anti-oxidant, anti-inflammatory, and anti-aging properties of Mango Butter make it an effective soothing agent for skin afflicted by dryness, eczema, and dermatitis. By restoring and maintaining moisture levels and by boosting cell regeneration, Mango Butter leaves skin looking plump, thereby promoting a rejuvenated, revitalized appearance.

OLIVE Olea europaea **BUTTER**



Olive fruit oil inherently contains essential fatty acids, but also contains unsaponifiables as natural waxes/paraffins. The main chemical constituents are: Oleic Acid, Palmitic Acid, Linoleic Acid. Contains Vitamins A Stimulates the production of collagen to reduce fine lines and wrinkles, fuels cell turnover, decreases oil-production, has an anti-inflammatory antioxidant effect. Retinoid also stimulates the production of new blood vessels in the skin, which improves skin color. Additional benefits include fading age spots and softening rough patches of skin. Vitamin E promotes anti-oxidant activity, repairs and improves damaged skin while simultaneously moisturizing. It naturally enhances the skin's regeneration process, thus often alleviating discoloration and pigmentation. (This is why vitamin E is often thought of as a magical antidote for stubborn acne scars). Is rich in essential fatty acid omegas 3 Alpha-linolenic acid exhibits anti-oxidant properties, prevents inflammation, 6 Linoleic acid encourages moisture retention in skin, exhibits anti-inflammatory properties, and encourages anti-oxidant activity, and 9 Oleic acid has powerful anti-oxidant properties and prevents inflammation. This butter is the perfect one to treat skin peeling and dryness that is the main problem of chilled winters.

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SHEA NUT (SHEANUT) Vitellaria paradoxa BUTTER



The fatty acid profile composed primarily of stearic and oleic acids with lesser amounts of palmitic, linoleic and arachidic acids gives it a high level of saponifiable function. It protects the skin from the harmful effects of weather and ultraviolet rays, repairs scars and stretch marks. Also has anti-aging properties. It has high levels of vitamins A, E and F and rich in antioxidants which can help prevent fine lines and wrinkles brought on by free radicals, it hydrates skin by restoring moisture balance that contributes to it elasticity, boosts circulation and encourage faster regeneration of healthy skin cells. Shea butter contains triterpenes, a naturally occurring chemical compound that is thought to deactivate collagen fibre destruction. Shea Nut Butter has sun protection properties and acts as an emollient. It has anti-aging and anti-inflammatory properties. It is solid at room temperature but melts when applied to the skin.

TUCUMA Astrocaryum vulgare (syn Astrocaryum tucuma) EXOTIC BUTTER



This exotic emollient butter is a valuable extraction from the seeds of a tree found in the rain forests of Colombia and Brazil. Having a silicone-like behaviour. It is unusually rich in fatty acid content lauric, myristic and oleic acids increases moisture levels softness and adds shine to the hair strands without being greasy. High amounts of vitamin. A also contribute to a healthy supple of oil-producing the skin protect it from damage caused by UV radiation.

UCUUBA Virola surinamensis **EXOTIC BUTTER**



This exotic butter is said to have anti-inflammatory and antiseptic properties and in Brazil is used for treating acne, eczema and dry or irritated skin. Ucuuba Butter is considered to have anti-aging properties and can be used to replenish tone and moisture to dry and mature skin.

It is truly a wonder butter with tremendous health benefits. Its antiseptic and anti-inflammatory properties make it great for to be used for sensitive skin or skin issues like eczema and acne. Its high concentration of fatty acids make it ideal for helping skin maintain moisture, reducing the appearance of aging it is rich in vitamins A and C, Anti-inflammatory properties.

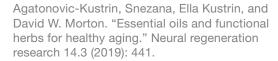
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Carrier Oils, Essential Oils and Butters for Dry Skin



Need some help or more information? Please contact our ingredient experts for customised recomendations based on your objectives. sales@napproducts.com

SAFETY FIRST

Essentials oils can be 50-100x more concentrated than natural levels in the plant. Take caution and always mind best practices when using oils. If applying topically, they should be diluted into a carrier oil and ONLY IF they are recommended for ingestion or inhalation, be sure to follow recommended dosage.

EXTERNAL RECOMMENDATIONS

Essential oil:

Several drops rubbed into the skin. (This may be diluted at 30 ml essential oil to 500 ml of a suitable carrier such as vegetable oil.)

Ointment:

Semi-solid preparation containing 5-20% essential oil (in carrier oils, creams, or lotions) for local application. (Salve)

Tincture:

Aqueous-alcoholic preparation containing 5-10% essential oil for local application.

Inhalant:

Add a few (2-5) drops of essential oil to hot water or to a vaporizer; deeply inhale the steam vapor.

Many of our conventional oils and products are also available in Organic form. Those that are Organic are certified by the USDA and Oregon Tilth. Please contact us for more information on our Organic products.





















DISCLAIMER

We always aim to source high quality ingredients and have a large range of respected suppliers from around the world. This list is a guide only, correct at the time of publication. If you are after an oil not on our list, please contact us and we can see if we can source it for you. As products are plant sourced and natural, availability is reliant on many factors outside our control. Despite our best efforts, we cannot guarantee the availability of any of our products at any given time. The use of the products listed in this document is to be considered as a guide only and further advice should be sought from your formulating chemist and/or health practitioner.

Desert photo courtesy Freepik.com

While care is taken in good faith to ensure the information offered here is reliable and correct, Naturally Australian Products Inc cannot guarantee the accuracy of information and recommends that each ingredient be further researched with respect to its use.

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