



# Well-Aging Ingredients for 'Gen S'



The concept of skin care is evolving, along with the definition of 'beauty', shifting from age-defying to aging-well. Natural, plant-derived ingredients are taking the spotlight as the hero ingredients of 'pro-aging' products (essential oils, carrier oils, butters and Cellular Extracts by NATIVE EXTRACTS) and they contain key compounds and characteristics to help us mature with grace.

## GENERATION WHO?

The cohort embracing well-aging over anti-aging is largely led by the over-50's, the so-called 'Gen S' (S as in 'silver', 'sexy' and more importantly 'spenders', with baby Boomers holding 70% of disposable income in the U.S.). Gen S is ever-more important with inclusion, diversity and equality rising in company values. A 2018 study showed that the majority of this audience feels ignored by brand messaging – more precisely, 78% feel under-represented or misrepresented by advertising; however, 69% would be more receptive to brands if they represented over-50s more accurately.



## REGNERATIVE INGREDIENTS FOR OUR BODIES' AND THE EARTH'S SURFACE?

Numerous external and intrinsic factors influence the chronological and photo-aging of skin: including genes, stress, sunlight, diet, hormonal changes, etc. In younger years, our skin does a great job of regenerating itself – approximately every 27 days to be exact, but our repair efficiency degrades with age. We've borrowed the term "Regenerative" from an agricultural concept that ourselves and many of our producers practice, because like the Earth's surface, our skin (and scalp!) also need restoration with the wear and tear of life. They need proper moisturization, a balanced yet biodiverse microbiome, a healthy environment, quality, living nutrients, and much more.





# Vital Elements for Well-Aging & Better Health

## VITAMINS

**VITAMIN A** - Stimulates the production of collagen to fuel cell turnover, has anti-inflammatory and antioxidant effects. Retinoid, a vitamers of Vit A, 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. Beta-carotene ( $\beta$ -carotene) is a precursor to vitamin A, which is found in carrot seed essential oil, a powerful antioxidant which repairs damaged tissue and rebuilds the collagen under the skin.

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

**VITAMIN C** - Is a potent antioxidant that can neutralize free radicals, even skin tone, and promote collagen production.

**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 (the reason 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 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.

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## FATTY ACIDS

Differing ratios of essential fatty acids are major determinants of the barrier repair benefits of natural oils. Oils with a higher linoleic acid to oleic acid ratio have better barrier repair potential, whereas oils with higher amounts of irritating oleic acid may be detrimental to skin-barrier function.

**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.

**PALMITIC ACID** - Shows potential to act as an emollient in creams, lotions, balms and serums. Known to soften the skin by forming a water-blocking layer, helping to retain moisture.

**STEARIC ACID** - Known to possess properties that cleanse skin and hair, protect hair from damage, emulsify creams, lotions, balms and serums.



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

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# Carrier Oils for Well-Aging & Better Health

## **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.



## **ARGAN** *Argania spinosa* **EXOTIC CARRIER OIL**

Is rich in Omega-6 linoleic acid, Omega 9 oleic acid, palmitic acid and stearic acid. It has high concentrations of vitamin E, a powerful antioxidant protecting skin from sun damage. Tocopherols and polyphenols give it anti-inflammatory and skin-hydrating benefits by restoring the barrier function and maintaining moisture, which is critical for managing rosacea and signs of aging by the improvement of skin elasticity. It is also antibacterial and antifungal. It reduces symptoms of different inflammatory skin conditions like psoriasis and rosacea, acne, eczema, and atopic dermatitis. A beautiful oil gentle for sensitive skin.



## **AVOCADO** *Persea americana* **CARRIER OIL**

Rich in oleic acid Omega 9 and linoleic acid Omega 6, its antioxidant properties 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 anti-inflammatory 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.



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# Carrier Oils for Well-Aging & Better Health

## **BAOBAB** *Adansonia digitata* **EXOTIC CARRIER OIL**

Has a high content of Fatty Acids: linolenic acid Omega 3, Omega 6 linoleic acid and oleic acid Omega 9, anti-Inflammatory properties promoting rejuvenation of skin cells, wonderful wound healing compounds for scarring. The antioxidants protect skin from free radical damage. It is an excellent moisturizer for the skin, comprised of equal parts saturated fats, monounsaturated fats, and polyunsaturated fats. Vitamin A protects skin from free radical damage, Vitamin C encourages the skin to produce collagen helping to repair wounds and scars. Vitamin E and Vitamin D also contribute to maintaining a healthy skin barrier. The oil's antioxidant properties help in the restoration and production of collagen - a perfect ingredient for aging skin.



## **BORAGE** *Borago officinalis* **EXOTIC CARRIER OIL**

Is one of the richest sources of essential fatty acids that exists, containing Omega-6 linoleic acid, Omega 9 oleic acid, Omega3 ALA alpha-linolenic acid, palmitic acid, and stearic acid. It is a powerful antioxidant with Vitamin A, B and C, which has been well documented for having anti-aging and skin conditioning properties for protecting skin cells from oxidative stress caused by UV radiation. Its anti-inflammatory properties can help reduce skin conditions like rosacea, acne and eczema, restoring moisture barriers and smoothness to dry and damaged skin. It is a light oil and won't leave the skin feeling greasy. It is very emollient and helps reduce reddening of very sensitive skin, and may help treat fine lines and wrinkles.



## **BLACK SEED** *Nigella sativa* **EXOTIC CARRIER OIL**

This oil has over 80% unsaturated fatty acids, including omega 3 linolenic acid, omega 6 linoleic acid, and omega 7 palmitoleic acid, and arachidonic acid. It contains 8 of the 9 essential amino acids that are combined to make "whole" protein. Black Seed also has vitamin A, B1, B2, B3, B9 and D, folic acid, calcium, iron, copper, zinc and phosphorous. Black cumin seed oil has exceptional antioxidant activity with thymoquinone, nigellone and beta-sitosterol. It has been shown to have antioxidant properties and antimicrobial effects on fungi that commonly cause skin infections. These tiny seeds, which are rich in vitamins, minerals, and fatty acids, provide nourishing moisture that is easily absorbed into the skin and scalp creating elasticity and fighting damaging free radicals that cause wrinkles and fine lines. The combination of the amino acids and vitamins work together to regenerate skin cells and may fade age spots, producing collagen and elastin, reducing redness, bumps, and irritation.



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# Carrier Oils for Well-Aging & Better Health

## **CAMELLIA** *Camamellia japonica* **EXOTIC CARRIER OIL**

A rich source of Oleic Acid Omega 9, polyphenol antioxidants, vitamins A, C, D, & E Tocopherol, make it excellent for skin conditioning properties. It also contains fatty acids linoleic Omega 6 and palmitic acids, helping to maintain moisture in the skin and protecting it from UV and Environmental exposure, arresting the effects of free radical damage. Camellia oil absorbs very quickly into the skin and permeates into lower layers of skin, promoting cell growth, and giving skin support and flexibility. It helps minimize the appearance of scars and promotes healing. Vitamin A stimulates collagen production soothing fine lines and wrinkles. It also lightens sun-induced brown spots by increasing skin cell turnover which creates healthier new cells. Camellia oil can be especially helpful for the prevention and treatment of sagging cheeks, wrinkles and maintaining elasticity and tone of the skin. This amazing oil is packed full of antioxidants and omega fatty acids to fight against the signs of aging.



## **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.



## **EVENING PRIMROSE** *Oenothera biennis* **CARRIER OIL**

Evening primrose oil is a rich source of linoleic Acid Omega 6, and in lesser amounts - Oleic acid Omega 9, palmitic acid and stearic acid. Combined with Vitamin E, it has potent anti-inflammatory and antioxidant properties which can help improve skin condition by plumping and hydrating skin, restoring moisture balance. It regulates sebum production and reduces signs of sun damage which can enhance the texture and elasticity of skin, addressing dryness, irritation, roughness and reduce wrinkles and fine lines – natural compounds that leave the skin looking youthful.



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# Carrier Oils for Well-Aging & Better Health

## **GRAPE SEED** *Vitis vinifera* **CARRIER OIL**

Is rich in phenolic compounds, fatty acids Omega 6 linoleic acid and oleic acid Omega 9 and vitamins E & F, having anti-inflammatory and antimicrobial properties. Combined with other constituents like tocopherol, resveratrol, quercetin, procyanidins, carotenoids, and hystosterols, it may reduce inflammation, puffy eyes, dark circles, signs of aging, such as sun spots, fine lines, and wrinkles. It may help tighten and moisturize the skin as well. Its antimicrobial properties can speed up the healing process and are not likely to clog pores. This oil has some astringent qualities and is very easily absorbed into the skin. Being a dry, non-irritating oil, means it does not leave a greasy film on the skin, so it is a good choice for all skin types and conditions.



## **HAZELNUT** *Corylus avellana* **EXOTIC CARRIER OIL**

Offers fatty acids omega-6 linoleic acid and omega-9 oleic acid and abundant levels of phenolic compounds. The high levels of vitamin E and fatty acids can help increase hydration in the outermost layer of the skin by keeping skin hydrated and creating a natural oil barrier that helps skin retain water. Vitamin E also helps improve skin elasticity, making it look firm and supple, enabling collagen production and neutralizing free radicals, protecting cell membranes from sun damage. It has high levels of anti-oxidant and anti-inflammatory activity, which help with Rosacea and other skin conditions. Hazelnut oil is safe for people with sensitive skin. It is also an astringent.



## **HEMP SEED** *Cannabis sativa* **CARRIER OIL**

Is rich in plant-based protein, polyunsaturated fatty acids, Omega 3, 6 and 9. Hemp seed oil is rich in tocopherols or Vitamin E and Vitamins A, B, C and D antioxidants. It has minerals, such as potassium, magnesium, iron, zinc, and calcium. It has anti-inflammatory, anti-oxidant, anti-aging and antibacterial potential, making it perfect for oily skin and sensitive skin. It is known to reduce inflammation, redness and clogged pores associated with itchiness and dryness, eczema, acne and psoriasis. It has been known to balance the oil production of oily skin, is nourishing, firms and tighten dry skin locking in moisture. It may help reduce the look of fine lines and wrinkles and it will soothe and calm irritated skin. It can help protect the skin from harsh environmental damage and help heal stretch marks and scars. The powerful anti-inflammatory properties simultaneously encourage skin growth and new cell generation giving younger looking skin.



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## **JOJOBA** *Simmondsia chinensis* **EXOTIC CARRIER OIL**

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.



## **MACADAMIA** *Macadamia integriflora* **CARRIER OIL**

Known to be similar to the skin's natural sebum. It is the richest botanical source of Palmitoleic acid Omega 7, as well as Omega 3 and 9, and is a highly effective anti-oxidant rich in squalene, supporting cell regeneration and can help heal burns, wounds, scars and stretch marks, reduce dermatitis and eczema. Its anti-inflammatory activity is regenerative and hydrating to the outermost layer of skin, creating a natural oil barrier that helps skin retain water. It's hypo-allergenic, making it well-suited for use on sensitive skin. It can help reduce signs of aging like fine lines and wrinkles, help keep the skin elastic and looking youthful. By destroying free radicals, the amazing nutrients in this oil may reduce fine lines, wrinkles and sagging skin to prevent premature aging and safeguard against sun damage.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3263051/#!po=40.6250>



## **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 scarring. 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 abundant 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.



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## **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.



## **PRICKLY PEAR SEED** *Opuntia ficus-indica* **SEED EXOTIC CARRIER OIL**

Prickly pear oil is easily absorbed into the skin. The high levels of linoleic acid Omega 6, the abundance of Vitamin E, Minerals and Amino Acid, high in Tocopherol gives it powerful anti-oxidant, anti-inflammatory levels. Vitamin C and K antioxidants known as betalains and also add to the amazing potency of this oil. It promotes wound healing by increasing wound contraction and re-epithelialization. Due to its high betalain content, the oil is also a powerful tool in anti-aging. Prickly pear oil contains many amazing compounds known to have hydrating, antibacterial, and antioxidant properties to reduce skin inflammation, as well as prevent skin damage. Prickly Pear Seed Oil boasts nearly one and half times the amount of vitamin E than found in Argan Oil. Vitamin E is known to help heal wounds faster and aid in skin regeneration.



## **RICE BRAN** *Oryza sativa* **EXOTIC CARRIER OIL**

This oil is high in fatty acids Omega 3, 6 and 9. A rich source of proteins, fats, minerals and micronutrients, Vitamin B6 and Vitamin E Tocopherol. It is one of the best sources of tocotrienol, an antioxidant which may be many times more powerful and effective than Vitamin E. Rice bran oil promotes hydration, reduces pigmentation and helps keep the skin and scalp soft, supple and smooth. Light in texture and easily absorbed into the skin, it penetrates easily deep into the scalp and skin softening and moisturizing the skin. It has high levels of anti-oxidants, anti-inflammatory, antiviral, antibacterial, antifungal activity. Rice Bran Oil is a potent anti-aging ingredient since it offers protection against sun UV rays. Additionally, the powerful antioxidants in this oil help prevent free radical damage. It easily penetrates the skin, keeping it moisturized, minimizing the appearance of wrinkles and fine lines. It also aids in cell regeneration.



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## **ROSEHIP** *Rosa canina* **EXOTIC CARRIER OIL**

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 and reduction of hyper-pigmentation in the skin. All these properties leave the skin looking younger and healthy.



## **SACHA INCHI** *Plukenetia volubilis* **SEED EXOTIC CARRIER OIL**

This little known exotic oil is unique because it is the most unsaturated known vegetable with an unsaturated fatty acid content of 93.69%. It has Omega 3 linolenic acid, Omega 6 linoleic acid and Omega 9 Oleic acid, which are extremely beneficial for skin, scalp and hair. Because Sacha Inchi Seed Oil contains the highest level of these essential fatty acids among all vegetable oils, it has an impressive ability to restore damaged hair cuticles, help brittle dry hair regain its elasticity in the skin, and nourish dry skin and scalps. It contains retinol Vitamin A, and tocopherol Vitamin E, a powerful antioxidant that can help protect cells from harmful free radicals. With the natural tocopherol Vitamin E and strong antioxidants properties, the oil is light in nature, making it absorb easily and quickly into the skin. Vitamin A retinol in sacha inchi oil is great for sensitive skin, a natural emollient, ideal for brittle hair and dry skin and scalp. Sacha inchi is a great source of protein.



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## **SEABUCKTHORN** *Hippophae rhamnoides* **EXOTIC CARRIER OIL**

The major fat found in Sea Buckthorn oil is mono- and polyunsaturated fat, which are two types of healthy fats. Sea Buckthorn is possibly the only known oil to provide all four omega fatty acids - Omega 3, 6, 7 and 9. It also has Vitamins A, K, E, C, B1 and B2. This amazing oil is also one of the richest natural sources of beta-carotene (Vitamin A), it has powerful anti-microbial, anti-inflammatory and anti-oxidant properties. It can be beneficial in treating skin and scalp irritation. It helps with skin and scalp circulation, supporting hair growth. This beautiful rich oil moisturises, repairs and rejuvenates the skin and leaves it looking young and youthful.



## **SHEA NUT** *Vitellaria paradoxa* **EXOTIC CARRIER OIL**

Its tocopherol or vitamin E component will fade skin scars, acne scarring and stretch marks, gradually evening out skin tone. This could give a smooth monotone complexion. The main components of Shea Nut Oil are Omega 9 Oleic Acid, Omega 6 Linoleic Acid Stearic Acid palmitic, Triterpenes. The active properties boost collagen production, help promote cell regeneration by boosting circulation, keeping connective tissue strong and supple. As Shea Nut Oil easily penetrates and is absorbed almost instantly into the skin, it softens and moisturizes dry skin immediately and it will leave skin with a healthy glow. It will not leave skin greasy like alternatives. Pure shea oil is non comedogenic, so it will not block pores. It is anti-aging, anti-inflammatory and evens skin tone.



## **SOYBEAN** *Glycine soja* **CARRIER OIL**

Is very high in omega-6 fatty acids and vitamin E, K. Also has antioxidant this prevents lipid peroxidation, damage of cells and tissues. and anti-inflammatory. Enhanced hydration and effective delivery of lecithin, vitamin E and sterols contained in the oil. As it's not as greasy as other oils, and it absorbs well, so it won't leave your hair and scalp looking dirty. Vitamin E also aids in hair growth by strengthening the hair follicle, and fighting free radicals that can damage skin cells on the scalp (which can lead to hair loss), and the proteins and amino acids can help build keratin which strengthens the hair fibers making them more elastic and less prone to breakage. So if hair loss, or lack of fullness is a concern, soybean oil can provide the restoration you need. The silky texture of soybean oil makes it an excellent detangler that coats each strand and reduces friction between strands, making it easier to comb through smoothly.



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## **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 soothe 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.



## **TAMANU (FORAHA)** *Calophyllum inophyllum* **EXOTIC CARRIER OIL**

The main chemical constituents of Tamanu Oil are Omega 9 and powerful anti-oxidants, which prevent inflammation. They also contribute to the skin's suppleness and moisture levels. Exhibiting antioxidant properties, they help fend off the impact of free radicals, reduce the appearance of aging, such as age spots, premature wrinkles, and fine lines, and relieve symptoms of dry skin or redness. Omega 6 helps prevent some of the most common scalp and skin conditions such as flaky residue, dandruff, all of which are due to skin and scalp inflammation. Omega 3 also helps soften rough, dry skin and has a soothing effect on irritation and dermatitis, eczema, acne and inflammatory conditions of the skin. The Palmitic Acid, Stearic Acid, Tocotrienol/vitamin E and other anti-oxidant activity, repairs and improves damaged skin while simultaneously moisturizing, naturally enhancing the skin's regeneration process, thus often alleviating discoloration and pigmentation. Vitamin C a potent antioxidant that can neutralize free radicals, evens skin tone, and promotes collagen production. It has antibacterial, anti-microbial and anti-inflammatory, anti-itch properties. Quickly absorbs into the skin, it promotes moisture, also encourages the regeneration of new tissue and stimulates the growth of healthy skin cells. Tamanu promotes tissue formation and the growth of healthy skin cells - this is the key to the oil's scar-reducing potential. It can infiltrate all three layers of skin - the epidermis, dermis and hydrodermis. It soothes, repairs, and diminishes redness, scars, stretch marks, irritation, itchiness, dryness, and peeling, leaving skin looking smooth and young looking.



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# Essential Oils for Well-Aging & Better Health



## **CARROT** *Daucus carota* **ESSENTIAL OIL**

Providing a combination of vitamin A, C and E, this oil helps smooth fine lines and repair any damage caused by sun (i.e. melasma). A large portion of this oil is made up of carotenoids, which are stellar antioxidants, easily absorbed by the epidermis.



## **CLARY SAGE** *Salvia sclarea* **ESSENTIAL OIL**

Research has shown that its antioxidant content may help prevent DNA and protein damage that affects skin cells. The oil also has antimicrobial properties.



## **FRANKINCENSE** *Boswellia carterii* **ESSENTIAL OIL (AND BOSWELLIA FRERREANA OIL & BOSWELLIA SERRATA OIL VARIETIES)**

Showing cytophylactic properties, these three species of Frankincense help the body to produce new cells, and maintain elasticity. Frankincense essential oil is used in a variety of cosmetic products, but there's no evidence to suggest that it's an effective remedy for wrinkles. Some studies, however, have indicated that it may effectively help with stretch marks and scars.



## **GERANIUM** *Pelargonium graveolens* **ESSENTIAL OIL**

As a known anti-inflammatory, Geranium is of potential use in products for 'Inflammaging', chronic low-grade inflammation that accelerates the process of biological aging.



## **HELICHRYSUM** *Helichrysum italicum* **ESSENTIAL OIL**

Shown to inhibit both collagenase and elastase activities – dermis enzymes involved in the visible signs of aging (wrinkles/sagging).

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# Essential Oils for Well-Aging & Better Health



## **LAVENDER** *Lavandula angustifolia* **ESSENTIAL OIL**

Lavender may work on preventing signs of aging on emotional and physical levels, by reducing stress levels that lead to aging. As an oil, evidence has shown that “Sub-acute inhalational exposure significantly augments the level of immune system antioxidant enzymes”.



## **LEMON** *Citrus limonum* **ESSENTIAL OIL**

Its high concentration of vitamin C (ascorbic acid), “has shown to treat and prevent changes associated with photo-aging”.



## **MYRRH** *Commiphora myrrha* **ESSENTIAL OIL**

Egyptians used myrrh oil as a rejuvenating facial treatment. Known to be full of antioxidants, it is commonly used in skincare products.



## **NEROLI** *Citrus aurantium amara* **ESSENTIAL OIL**

Neroli may increase skin elasticity and reduce the depth of wrinkles, potentially improving the appearance of scars on the surface of the dermis.



## **PALMAROSA** *Cymbopogon martini* **ESSENTIAL OIL**

A known anti-inflammatory, it is also firming for skin and may help fight photo-aging.



## **PATCHOULI** *Pogostemon cablin* **ESSENTIAL OIL**

A known anti-inflammatory, it is also firming for skin and may help fight photo-aging.

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# Essential Oils for Well-Aging & Better Health



## **ROSE** *Rosa damascena* **ESSENTIAL OIL**

High in antioxidant properties that may show anti-aging effects.



## **ROSEMARY** *Rosmarinus officinalis* **ESSENTIAL OIL**

Astringent (toning and tightening), it has potential applications in cosmetic formulations and in the treatment of pathological and non-pathological conditions, such as cellulite, alopecia, ultraviolet damage, and aging.



## **SANDALWOOD** *Santalum spicatum* **ESSENTIAL OIL**

The fatty acids and molecular composition of Sandalwood Seed Oil, makes it a very attractive ingredient for use in both skin and hair products. It also has anti-inflammatory properties and the presence of active Ximenynic acid has been shown to prevent degradation of hyaluronic acid and collagen and leads to an overall strengthening of the extracellular matrix, which in turn leads to an improvement in skin elasticity and tighter looking skin.



## **YLANG-YLANG** *Cananga odorata* **ESSENTIAL OIL**

It has very good nourishing properties and is anti-inflammatory – making it useful in reducing skin inflammation and used in skin products aimed at eczema. Ylang Ylang has a balancing effect on sebum production making it great for both oily and dry skin.

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# Butters for Well-Aging & Better Health

## **ALMOND** *Prunus dulcis* **BUTTER**

It is rich in Vitamins E, A and B. Almond butter also contains linolenic acid omega 3 and linoleic acid omega 6. It is packed with essential fats and vitamins which are hydrating, moisturising and soften the skin. It has natural emollient properties and is rich in minerals, anti-oxidants and can provide gloss and shine to the appearance of the skin. It combats ageing by destroying free radicals and provides the nutrients that skin requires to repair itself - reducing fine lines, wrinkles and sagging skin, protecting skin from the sun's damaging UV rays.

## **COCOA** *Theobroma* **EXOTIC 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.

## **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.

## **KOKUM** *Garcinia indica* **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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# Butters for Well-Aging & Better Health

## **MANGO** *Mangifera indica* **EXOTIC 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.



## **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 fraction. 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 its elasticity, boosts circulation and encourages faster regeneration of healthy skin cells. 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.



Ask us for our catalogue or additional application brochures to discover more natural solutions for your formulations!

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# Resources

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# Well-Aging Ingredients for 'GenS'

**Need some help or more information? Please contact our ingredient experts for customised recommendations based on your objectives. [sales@napproducts.com](mailto: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.

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