

Carrier Oils, Essential Oils and Butters for Moisturizing Skin

Healthy skin starts within each cell, where it must be moisturized. Hydration keeps our bodies well and skin glowing, so the best way to hydrate skin is by drinking plenty of water. But if you're seeing signs of dehydration like dry patches and fine lines, you might need a hydrator or moisturizer. So, what's the difference? Hydration refers to the water content of the cells, whereas moisturization is about nurturing the skin's protective lipid barrier to prevent water loss. Hydrating ingredients are typically water-soluble, aqueous humectants (i.e. aloe, honey, extracts), whereas moisturizing ingredients can come in various forms like gels, lotions and oils, and contain lipids/fats to lock moisture in (i.e. coconut/almond oils, shea/cocoa butters, etc.) Proper hydration will reduce skin irritation, improve aging skin, reduce the appearance of fine lines and improve skin complexion.

Ask one of our ingredient experts about our natural, plant-based products for moisturizing and hydrating formulations!



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Vitamins and Omega Acids

VITAMIN A - Stimulates the production of collagen to fuel cell turnover, has anti-inflammatory and antioxidant effects. Retinoid, a vitamere 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.

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.

OMEGA 3 (ALA) - 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.

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Carrier Oils for Moisturizing 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 for 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, it 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**

It 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, acne, eczema, and atopic dermatitis. A beautiful oil, gentle for sensitive skin.



BAOBAB *Adansonia digitate* **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.



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CAMELLIA *Camellia 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.

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

Is rich in phenolic compounds, fatty acids Omega 6 & 9, and vitamins E & F, having anti-inflammatory and antimicrobial properties. Its constituents, mainly tocopherol, linolenic acid, resveratrol, quercetin, procyanidins, carotenoids, and hystosterols, reduce puffy eyes, dark circles and deeply nourishes skin. As it is rich in Vitamin E, this oil can help tighten and moisturize the skin. It will reduce inflammation, redness, scarring caused by acne, eczema and rosacea and due to its antimicrobial properties will speed up the healing process and will not clog the pores. This oil has some astringent qualities and is good for oily skin. A great oil for the reduction of stretch marks and to relieve dry itchy skin. Being a dry non-irritating oil, it does not leave a greasy film on the skin, so it is a good choice for all skin types and conditions.

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 and 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 integrifolia* **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.

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 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. It abounds in antioxidants and vitamin 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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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, and 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.

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 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.

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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.



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

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Butters for Moisturizing Skin

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. 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.

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.

ILLIPE *Shorea stenoptera* **EXOTIC BUTTER**

The main chemical constituents are Palmitic Acid, Stearic Acid, Oleic Acid, and Linoleic Acid. Contains Vitamin A, which stimulates the production of collagen to reduce fine lines and wrinkles, fuels cell turnover, decreases oil-production, and 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 6 Linoleic acid encourages moisture retention in skin and exhibits anti-inflammatory properties, and 9 Oleic acid has powerful anti-oxidant properties and prevents inflammation.

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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 overly dry or oily skin.



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. The emollients nourish skin by boosting its elasticity, tightening skin, making skin look smoother and firmer, reducing the appearance of fine lines and leaving the skin with a firmer appearance. It easily melts on skin contact and penetrates 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 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 is 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 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 aid skin in creating a healthy supply of oil to protect it from damage caused by UV radiation.

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Essential Oils for Moisturizing Skin



GERANIUM *Pelargonium graveolens* **ESSENTIAL OIL**

Works well for all types of skin as it balances the oil production that helps with moisturising the skin and also has antibacterial properties.



CHAMOMILE ROMAN *Chamaemelum nobile* **ESSENTIAL OIL**

Its anti-inflammatory properties can help calm and soothe irritated skin, treating cracked skin, burns, acne, eczema, sensitive skin, and dry skin.



HELICHRYSUM *Helichrysum italicum* **ESSENTIAL OIL**

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



LAVENDER *Lavandula angustifolia* **ESSENTIAL OIL**

It can help heal irritated, stressed skin and is great for all types of skin.



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

Is used to treat mature, aging, sensitive skin types, due to its regenerative properties and can be used in skin toners to tighten the skin. The antibacterial properties help improve damaged skin conditions.



PALMAROSA *Cymbopogon martini* **ESSENTIAL OIL**

This oil is non-toxic, non-irritant and non-sensitising. It is great for dry skin.

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ROSE *Rosa damascene* **ESSENTIAL OIL**

This oil is hydrating and anti-inflammatory. It plumps and moisturizes the skin without any chemical side effects. A great ingredient for aging skin.



ROSEMARY *Rosmarinus officinalis* **ESSENTIAL OIL**

It hydrates the skin, which helps to control oil production. The antibacterial and antiseptic properties soothe irritated skin and skin conditions.



SANDALWOOD *Santalum spicatum* **ESSENTIAL OIL**

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



TEA TREE *Melaleuca alternifolia* **ESSENTIAL OIL**

Can help soothe dry skin by reducing itching and irritation. It has been a trusted source for healing many skin conditions with its antimicrobial, antifungal and antibacterial properties.



YLANG YLANG *Cananga odorata* **ESSENTIAL OIL**

Can be used for all types of skin. Its especially effective for ageing skin, skin with wide pores, and for spot-prone skin due to its antibacterial properties.

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Need some help or more information? Please contact our ingredient experts for customised recommendations 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.



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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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