



P3 Cream Ingredient Information

P3 Cream is an Aqueous Mint based product formulation which contains the following (in order of content):

Water, Calendula Oil, Peppermint Oil, Eucalyptus Oil, Phenoxyethanol, Sodium Acrylate Copolymer, Sorbitan Mono Oleate, Colloidal Silica, Tea Tree Oil.

Active Ingredients:

1. Calendula Oil - circulation stimulant and soothing skin conditioner. Powerful anti-inflammatory effect. Used for centuries as a poultice for human mastitis

<http://botanical.com/botanical/mgmh/m/marigo16.html>

Calendula - Skin Saver

Latin name: *Calendula officinalis*. Family name: Compositae. Calendula oil is extracted from the flowers by CO₂ and is imported from South Africa, Egypt and France. It is also called Marigold but should not be confused with *Tagetes*. It has a sharp, herbaceous aroma. Calendula has been used for many years for its effective skin healing properties. Some traditional uses: all skin complaints, varicose veins; for treating enlarged lymph nodes, cysts, and skin lesions. May be helpful to mature skin. Emotional profile: to comfort the spirit and heart, may promote psychic dreams.

2. Peppermint Oil - effective circulation stimulant with localized cooling and toning properties.

<http://botanical.com/botanical/mgmh/m/mints-39.html>

Peppermint

Latin name: *Mentha piperita*. Family name: Labiatae. Peppermint oil is distilled from the leaves and flowering tops of the plant and is grown in the US. It has a sweet, mint aroma. Herbalists in ancient Greece and Rome used peppermint for nearly every ailment. Some traditional uses: for energy, and brighter mood, reducing pain, to help breathing, improve mental clarity and memory. Peppermint may irritate sensitive skin and should be avoided during pregnancy. Emotional profile: for shock, overwork, apathy, helplessness.

3. Eucalyptus Oil - rubefactant and agent to "open the skin" and improve penetration - This opens the skin to allow passage of the other ingredients. Its effect is thus synergistic with the other ingredients.

<http://botanical.com/botanical/mgmh/e/eucaly14.html>

Eucalyptus

Latin name: *Eucalyptus globulus*. Family name: Myrtaceae. It is distilled from the leaves and is imported from Australia. It has a strong camphorous odor. Aborigines have used eucalyptus leaves to remedy many ills. Some traditional uses: for colds, as a decongestant, to relieve asthma and fevers, for its bactericidal and anti-viral actions, to ease aching joints. Avoid if you have high blood pressure or epilepsy. Emotional profile: to help with explosive-heated emotions, irrational thinking.

4. Tea Tree Oil - skin conditioner and anti-bacterial agent

Tea-Tree - Strong Health

Latin name: *Melaleuca alternifolia*. Family name: Myrtaceae. Tea-tree is distilled from the leaves and is imported from Australia. It has a spicy, medicinal aroma. Tea-tree is one of the most scientifically researched oils. Some traditional uses: as an immuno-stimulant particularly against bacteria, viruses and fungi, for relieving inflammation, as a disinfectant.

Non Active Ingredients:

- **Phenoxyethanol** – a very safe preservative used by cosmetic companies for face creams etc. Used in most products found at The Bodyshop.
- **Sodium Acrylate Copolymer** – thickener used in baby shampoos.
- **Sorbitan Mono Oleate** – cosmetic grade emulsifier.
- **Colloidal Silica** – cosmetic grade stabilizer.

It is very difficult to create a product that is truly ALL NATURAL. P3 cream contains All Natural ACTIVE Ingredients. The synthetics used as the non-active ingredients are used at the lowest levels needed to fulfill their function.

Preservation is critical in Natural products and synthetic preservatives can, in general, provide a purer more stable formula, and they are used at much lower levels than their natural counterparts.

Concentration Amounts in P3

The concentration of a product is categorically not linked to "how strong/potent" or effective the product is.

P3 uses a small amount of "active" but delivers it to the right place, deep tissue. P3 travels into deep tissue because of its high water content and the fact that it is a micro-emulsion. The process by which it is carried into deep tissue is the process osmosis. Water based products travel far more effectively through water containing soft tissue, than oil based products which tend to just float on the surface of the skin without significant penetration. The actives, Peppermint, Tea-Tree, Eucalyptus and Calendula are of course oils.

Delivering low levels of "actives" precisely is the key to P3's fantastic performance, it also explains why it is generally well tolerated and does not normally cause irritation to those with sensitive skin, unlike a pure essential oil which can be aggravating.