Advanced Glossary- Aroma 2 Unit 1C

Abortifacient: A substance that can induce abortion or start labour. It is crucial to use such substances with extreme caution due to their potent effects and potential health risks.

Absolute: A concentrated, highly aromatic, semi-solid or solid substance used in perfumery. It is produced through alcohol extraction from concrete, a waxy material obtained from plants. Absolutes capture the essence of the plant's fragrance and are not raw materials but prepared perfume substances, often liquid and alcohol-soluble.

Acetate: A chemical compound that is a salt or ester of acetic acid. In aromatherapy, it is significant as many essential oils contain acetates, contributing to their therapeutic and olfactory properties.

Acid: A chemical substance that can donate a proton or accept an electron pair in reactions. In the context of aromatherapy, plant acids can contribute to the therapeutic properties of essential oils.

Acne: A common skin condition characterized by inflamed or infected sebaceous glands in the skin, leading to pimples, blackheads, and whiteheads. Natural skincare approaches for acne often include essential oils with antibacterial and anti-inflammatory properties, like tea tree oil and lavender oil.

Adulteration: Altering essential oils by diluting them with less expensive substances, synthetic scents, or other oils. This practice can impact the oil's purity and effectiveness and is a concern in aromatherapy for ensuring quality and safety.

Allergens: Substances that can cause an allergic reaction. In skincare, allergens can be present even in natural ingredients. Essential oils like cinnamon or ylang-ylang can sometimes act as allergens and should be patch-tested before use, especially in sensitive individuals.

Amenorrhea: The absence or suppression of menstruation. Essential oils may help manage amenorrhea by promoting hormonal balance and menstrual health.

Analgesic: A substance that reduces or eliminates pain. Essential oils with analgesic properties, like sweet fennel and sweet birch, are used in aromatherapy for pain relief.

Antioxidant: Substances that inhibit oxidation, a chemical reaction that can produce free radicals leading to cell damage. In natural skincare, antioxidants protect the skin from environmental stressors like UV radiation and pollution. Common natural antioxidants in skincare include vitamins E and C and plant extracts like green tea and rosemary extract. They help to prevent signs of aging and maintain skin health. Vitamin E and rosemary extract are used in oil-based skin-care products to help them last longer.

Aphrodisiac: Refers to substances that stimulate sexual desire. Some essential oils are known for their aphrodisiac properties and are used in aromatherapy to enhance libido and sexual well-being.

Aromatherapy: A therapeutic practice involving volatile plant materials and essential oils for physical, psychological, and spiritual well-being. Aromatherapy operates on the principle that natural aromas from certain essential oils, absolutes, and resinoids have health benefits and stimulate healing processes. It is a holistic approach aiming to treat the whole person by helping restore the harmony of mind, body, and spirit. Techniques include inhalation and topical application, often used with other complementary therapies.

Arteriosclerosis: A condition characterized by the thickening and hardening of artery walls. Aromatherapy may offer supportive treatment through oils that improve circulation and overall heart health.

Astringent: Refers to substances that tighten and tone tissues. In aromatherapy, astringent properties are valuable for skin care and reducing inflammation.

Balsam: A resinous substance exuded by plants, known for its aromatic and medicinal properties. Balsams are insoluble in water but soluble in alcohol and are used in perfumery and natural medicine.

Batch Tracking: Also known as batch coding or lot tracing, is a system used in the skincare industry to track the production and distribution of products. Each product batch is assigned a unique code, often found on the label. This code enables manufacturers and consumers to trace a specific batch back to its production. Batch tracking is crucial for several reasons:

- **Quality Control:** Allows manufacturers to quickly identify which batches may be affected if an issue is discovered with a particular ingredient or production process.
- **Recall Efficiency:** In the event of a product recall, batch tracking enables a targeted approach, recalling only the affected batches rather than the entire product line.
- **Consumer Safety:** Provides consumers with the assurance that the product can be traced back to its source, offering transparency regarding its manufacturing process.
- **Regulatory Compliance:** Many countries require batch tracking for skincare and cosmetic products to comply with industry regulations and standards.

Batch tracking is a fundamental aspect of product safety and quality assurance in the skincare industry, ensuring that products are traceable from production to purchase.

Blemishes: Imperfections on the skin, such as acne, pigmentation, or scarring. Natural skincare treatments for blemishes often include essential oils with healing and skin-regenerating properties, like frankincense and helichrysum.

Bronchitis: An inflammatory condition of the bronchial tubes in the lungs. Essential oils with anti-inflammatory and expectorant properties are used in aromatherapy to alleviate bronchitis symptoms.

Butters : Refers to certain types of plant-based oils solid at room temperature due to their higher saturation levels. Unlike their liquid oil counterparts, these butters provide a unique creamy and thick consistency to skincare formulations. Popular examples include shea butter, known for its moisturizing properties; cocoa butter, celebrated for its skin-softening and protective qualities; kokum butter, which offers excellent emollient benefits; and mango butter, valued for its nourishing and soothing effects. When creating skincare products, the ratio of butter to oils is adjusted to achieve the desired consistency. Formulas with a higher concentration of butter will produce a creamier, thicker texture, ideal for rich creams and balms. Conversely, formulations with more liquid oils will be more fluid and suitable for lighter lotions and serums. This versatility makes butters a fundamental component in natural skincare, allowing for various textures to cater to different skin needs and preferences.

Carcinogen/Carcinogenic: Substances that are capable of causing cancer. Awareness and avoiding such substances are crucial in formulating and using aromatherapy products.

Carrier Oil: A plant-derived oil that dilutes essential oils before topical application. Carrier oils 'carry' the essential oil onto the skin and are usually cold-pressed from the fatty parts of plants. Unlike essential oils, carrier oils do not evaporate or impart intense aromas, making them ideal for diluting potent oils.

Chelators: Chelating agents are compounds added to cosmetic formulations to bind with metal ions. Their role is to neutralize these ions, which can come from water, natural ingredients, or even the equipment used in manufacturing and storage. The presence of chelators in skincare products helps to enhance stability, prevent oxidation, and extend the shelf life. They are particularly important in preserving ingredients prone to degradation, such as vitamins and essential oils. Natural chelators include:

- Phytic Acid
- Sodium Phytate
- Gluconic Acid
- Sodium Gluconate
- Gluconolactone
- Citric Acid

Incorporating chelators is a common practice in a wide range of cosmetic formulations, helping reduce the likelihood of rancidity, discoloration, and degradation, ensuring the product remains effective and safe for use.

Chemotype: A variation within a plant species that develops due to environmental factors like climate or soil, which can affect the chemical composition and therapeutic properties of the essential oil derived from the plant.

Colic: A term for abdominal pain caused by muscle contractions, which certain carminative essential oils can alleviate.

Cologne is a fragrance with a lower concentration of fragrance oils, or sometimes essential oils or absolutes (typically 2-4%) mixed in alcohol and water. Cologne has a lighter scent compared to perfume and is often used for a refreshing, light fragrance. It is suitable for aromatherapy practices where a mild and less overpowering scent is desired.

Combination Skin: A skin type featuring a mix of oily and dry areas. The forehead, nose, and chin (the T-zone) tend to be oily, while the cheeks and eye areas are usually dry. Essential oils like lavender (balancing), geranium (regulating sebum production), and frankincense (moisturizing and soothing) are often recommended for combination skin in aromatherapy.

Compress is a method in aromatherapy where a cloth soaked in essential oil solutions is applied to the body for therapeutic effects.

Concrete: A concentrated, waxy substance obtained from plants, used in perfumery. It is extracted using solvents and is a precursor to producing absolutes.

Cream: A thick, rich emulsion used for skin care. Creams are typically a blend of oil and water, designed to hydrate and protect the skin by creating a barrier. In aromatherapy, creams can be infused with essential oils to provide therapeutic benefits, such as soothing dry skin or delivering anti-aging properties.

Cystitis: Inflammation of the bladder may be addressed using anti-inflammatory and soothing essential oils in aromatherapy.

Decongestant: A property of specific essential oils that helps relieve nasal congestion, com only found in oils like eucalyptus and peppermint.

Dermatitis: An inflammation or irritation of the skin, treatable with soothing and healing essential oils in aromatherapy.

Diffuser: A device used to disperse essential oils into the air for aromatherapy. Types of diffusers include:

- Nebulizing Diffusers: Uses an atomizer to create fine particles of essential oils without water or heat, providing a strong scent.
- Ultrasonic or Humidifying Diffusers: Use water and ultrasonic waves to disperse the oil in a fine mist, offering a gentler aroma experience.
- Evaporative Diffusers: Uses a fan to evaporate and disperse the essential oils into the air.
- Heat Diffusers: Uses heat from a candle or electricity to evaporate the oil. However, the heat may alter the oil's properties.

Diuretic: A substance that promotes the production of urine. Some essential oils with diuretic properties are used in aromatherapy for detoxification and reducing water retention.

Dry Skin: This skin type is characterized by a lack of moisture in its corneous layer, resulting in tightness and flakiness. Dry skin can benefit from nourishing and moisturizing essential oils like sandalwood, lavender, and rose, which can help to replenish and lock in moisture.

Dysmenorrhea: Painful menstruation, which can be alleviated by using certain essential oils known for their analgesic and anti-inflammatory properties.

Eczema: Also known as dermatitis, it encompasses conditions that cause skin inflammation and irritation. Its symptoms can vary but commonly include itchiness, red or inflamed skin, dryness, blisters, and cracked and bleeding skin in severe cases. Types of eczema include atopic dermatitis, contact dermatitis, and others. The root cause of eczema is not fully understood, and there's no cure, but symptoms can be managed with natural remedies and gentle skincare. These include treatments such as dead sea salt baths, application of calendula oil, aloe vera gel, olive and castor oil compresses, and soothing agents like chamomile, vitamin E, lavender essential oil, and licorice root extract.

Edema: Fluid retention under the skin, often treatable with essential oils having diuretic properties.

Emetic: A substance that induces vomiting, relevant in aromatherapy primarily in the context of toxicity and accidental ingestion.

Emollients: These are ingredients such as carrier oils that help to soften and smooth the skin. They work by repairing and enhancing the skin’s lipid barrier, improving skin texture and moisturizing. Emollients are essential in skincare formulations for their ability to create a protective layer over the skin, which helps to prevent water loss and keep the skin hydrated.

Emulsifiers: Substances that help blend oils and water in skincare formulations. In natural skincare, emulsifiers can be derived from plant sources, like lecithin or Cetearyl alcohol, to create stable creams and lotions. Emulsifiers prevent the cream from separating.
Olivem 1000 (Cetearyl Olivate (and) Sorbitan Olivate)
◆ Usage rate: 2-8%
◆ Oil in water emulsion
• Olivem 900 (Sorbitan Olivate)
◆ Usage rate: 5-10%
◆ Water in oil emulsion
• Montanov™ 202 (Arachidyl Alcohol (and) Behenyl

Alcohol (and) Arachidyl Glucoside)
◆ Usage rate: 3-5%
◆ Oil in water emulsion
• PolyAquol™-2W (Polyglyceryl-2- Stearate (and) Glyceryl Stearate (and) Stearyl Alcohol)
◆ Usage rate: 1-5%
◆ Oil in water emulsion
• Ritamulse SCG (Glyceryl Stearate (and) Cetearyl Alcohol (and) Sodium Stearoyl Lactylate)
◆ Usage rate: 2-10%
◆ Oil in water emulsion
• Varisoft. EQ 65 (Distearoylethyl Dimonium Chloride, Cetearyl Alcohol)
◆ Usage rate: 1-10%
◆ Oil in water emulsion
• Xyliance (Cetearyl wheat straw glycosides and Cetearyl alcohol)
◆ Usage rate: 3.5-8%
◆ Oil in water emulsion

Essential Oil: A concentrated, hydrophobic liquid containing volatile aroma compounds from plants. Essential oils capture the scent and flavour, or "essence," of their source. They are extracted primarily through distillation or cold pressing and are integral to aromatherapy for their therapeutic properties.

Expression: A method of extracting essential oils from citrus peels by mechanically pressing them. This method is used for oils where heat from distillation may degrade the quality of the oil.

Facial Masks: Skincare treatments applied to the face in a thick layer and left on for some time before washing off. Masks are formulated for various skin concerns and can hydrate, detoxify, nourish, or exfoliate. Facial masks can be made from clays, plant extracts, essential oils, and other natural ingredients. For example, a clay mask can detoxify and exfoliate, while an aloe vera and lavender mask can soothe and hydrate the skin.

Febrifuge: A substance that reduces fever. Certain essential oils have febrifuge properties and can be used in aromatherapy to help reduce body temperature during fevers.

Fixative: In perfumery and aromatherapy, a fixative is used to stabilize the volatility of the aromatic compounds, prolonging the scent's lifespan. It can be an oil, a base note, or a chemical agent.

Fixed Oil: Also known as a carrier oil, it is used in aromatherapy to dilute essential oils for safe topical application. Fixed oils do not evaporate and remain on the skin, making them ideal for massage and skincare.

Floral Water: Also known as a hydrosol, it is a by-product of the distillation process of essential oils. Floral waters are gentle and often used in skincare.

Fragrance Oils: are synthetic fragrances synthesized in laboratories to mimic naturally occurring scents. They are often much more affordable than essential oils and require less due to their potency. While natural fragrance oils are available, the problem with most fragrance oils is that manufacturers are not required to disclose their ingredients as they are considered trade secrets. This makes it very difficult to know what these mystery oils contain.
Common ingredients currently approved for use in fragrance oils and perfumes include:
According to professional formulator Nicolina Kolster-

- "Carcinogens such as styrene, methyl eugenol, pyridine, and BHA
- Reproductive toxins such as phthalates, lilial,and nonylphenol
- Neurotoxicants like xylenes and phenol."

Fungicide: A substance that destroys fungus. Some essential oils have fungicidal properties and can treat fungal infections.

Gastritis: Inflammation of the stomach lining. Certain essential oils can help soothe and reduce gastritis symptoms when used correctly.

Gingivitis: A condition marked by swollen, red, and sometimes bleeding gums. Essential oils with anti-inflammatory and antiseptic properties can be beneficial for gingivitis.

Good Manufacturing Practice (GMP) in Skincare and Cosmetics: Good Manufacturing Practice, commonly abbreviated as GMP, is a set of principles and procedural guidelines that govern the production, packaging, labeling, and storage of various products, including pharmaceuticals, food items, cosmetics, and medical devices. The primary objective of GMP is to assure consistent quality, safety, and effectiveness of products, aligning with the standards mandated by regulatory bodies and consumer expectations.
In the context of skincare and cosmetics, GMP plays a crucial role in safeguarding product integrity and consumer well-being. It emphasizes the importance of stringent quality control measures throughout every stage of production, from the initial selection of raw materials to the final distribution of the finished goods. The guidelines focus on minimizing risks such as contamination, errors in formulation, and inconsistencies in product quality, which are vital for maintaining the trust and safety of consumers. Adhering to GMP standards ensures that skincare and cosmetic products are not only effective but also meet the highest levels of safety and quality.

Hemorrhoids: Also known as piles, characterized by the dilation of rectal veins. Essential oils with anti-inflammatory properties can relieve discomfort caused by hemorrhoids.

Hepatic: Pertaining to the liver. Some essential oils are known for their hepatic properties, supporting liver health and function.

Herpes: A viral infection characterized by sores, such as cold sores (herpes simplex) or genital sores (herpes complex). Certain antiviral essential oils can provide symptomatic relief.

Humectants: Humectants are hydrophilic (water-attracting) substances that draw moisture to the skin. Unlike emollients and occlusives (like butters and waxes), which primarily work to minimize moisture loss from the skin, humectants actively pull in water from the surrounding environment. This makes them an excellent choice for hydrating skincare products. It's important to note that humectants are water-soluble, meaning they should not be used in oil-only or water-free formulations.
Some common examples of humectants and their typical usage rates in formulations include:

- Glycerin (3-30%)
- Sorbitol (2-5%)
- Hyaluronic Acid (0.01-2%)
- Sodium Lactate (0.5-5%)
- Honey (up to 100%)
- Hydrolyzed Proteins (like baobab, oat, quinoa, rice, pea; 1-5%)
- Panthenol (Vitamin B5; 1-5%)
- Propanediol (1-20%)
- Sea Kelp Bioferment (up to 100%)

Hydration: The process of adding moisture to the skin. Natural skincare focuses on hydrating ingredients like plant oils, aloe vera, and hydrosols. Essential oils like rose and sandalwood can be added for their moisturizing and rejuvenating properties.

Hydrosol: Aromatic water that remains after steam-distilling or hydro-distilling botanical material. Hydrosols are less concentrated than essential oils and are used in skincare and aromatherapy. They are generally safe and gentle but should be used cautiously and, ideally, refrigerated for preservation.

Hypertension: High blood pressure. Some essential oils, known for their calming properties, can be supportive in managing hypertension.

Hyperpigmentation: Hyperpigmentation is a condition where patches of skin become darker than the surrounding area, often manifesting as brown, black, grey, red, or pink spots or patches. These discolorations, sometimes called age spots, sun spots, or liver spots, are the result of excess melanin production by skin cells (melanocytes). Hyperpigmentation can be a

natural part of aging or may indicate underlying health issues such as hormonal changes, photosensitivity reactions, or liver disease. To reduce hyperpigmentation, treatments often focus on topical applications like AHA and BHA peels, alongside natural brightening ingredients such as turmeric, lemon balm, niacinamide, bearberry, and licorice root. These treatments can also be effective for fading old acne scars.

Hypotension: Low blood pressure. Aromatherapy can sometimes help in stabilizing blood pressure levels using specific essential oils.

Infused Oil: A carrier oil infused with the properties of herbs or other plant materials. This is often done by soaking the plant material in the oil, sometimes with heat, to extract its properties.

Inhalation: Introducing essential oils into the body through the respiratory system. This can be done using diffusers or by adding oils to hot water. It's a common practice in aromatherapy for respiratory issues and emotional wellness.

Insomnia: Inability to sleep. Aromatherapy can be a beneficial treatment for insomnia, using essential oils known for their calming and sedative properties.

Ixodicide: A substance that destroys ticks. Certain essential oils have ixodicidal properties and can be used as natural tick repellents.

Larvicidal: Refers to substances that destroy larvae. Some essential oils may possess larvicidal properties and can be used in pest control.

LD50: Refers to the lethal dose of a substance that kills 50% of a test population. This term is relevant in toxicity studies, including those for essential oils.

Leucorrhea: A condition characterized by white or yellow vaginal discharge. Certain anti-inflammatory and antimicrobial essential oils can help in managing the symptoms.

Lip Balm: A topical substance applied to the lips to provide moisture and relief from dryness or chapping. In aromatherapy, lip balms can be made from soothing carrier oils and enhanced with essential oils like peppermint or chamomile for cooling and plumping effects.

Lotion: A lighter skin care product compared to creams, lotions are easily absorbed and ideal for normal to slightly dry skin. They are an emulsion of oil and water, and in aromatherapy, they can be infused with essential oils for various benefits, like soothing, hydrating, or rejuvenating the skin.

Lymphatic: Relating to the lymph system. Some essential oils are known for their lymphatic properties, helping detoxify and provide immune support.

Macerate: A process of extracting essential oil using hot fat to absorb the aromatic compounds from plant material. This method is similar to enfleurage but uses heat.

Mature Skin: Skin that shows signs of aging, such as wrinkles, fine lines, and loss of elasticity. Mature skin benefits from essential oils that promote skin regeneration and hydration, such as rose, frankincense, and myrrh. These oils can help improve skin tone and elasticity and reduce the appearance of aging.

Menorrhagia: Heavy or prolonged menstrual bleeding. Certain essential oils with hormone-balancing properties can be beneficial in managing menorrhagia.

Mucolytic: Refers to substances that thin mucus secretions. Some essential oils have mucolytic properties and can be helpful in respiratory conditions.

Nervine: A substance that calms nervous disorders. In aromatherapy, nervine essential oils are used to soothe the nervous system and alleviate stress and anxiety.

Nephritis: Inflammation of the kidneys. Aromatherapy can be supportive in managing symptoms, using oils known for their anti-inflammatory properties.

Neuralgia: Sharp pain along a nerve pathway. Essential oils like coriander, black pepper, and valerian can benefit their analgesic and nerve-soothing properties.

Neurotonic: A substance that tones and strengthens the nervous system. Essential oils with neurotonic properties can help improve nerve function and relieve symptoms of neurological disorders.

Oily Skin: This skin type is characterized by excess sebum production, leading to a shiny complexion and potential for acne. Essential oils like tea tree (antibacterial), lemon (astringent), and ylang-ylang (sebum balancing) are beneficial for oily skin types in aromatherapy.

Oleo (Gum) Resin: A combination of gum, resin, and essential oil that plants naturally exude, often used in aromatherapy for their rich aromas and therapeutic properties.

Ointment: A thick, greasy, and intensive moisturizing product used for dry and chapped skin. Ointments are typically oil-based without water content. In aromatherapy, ointments can be formulated with essential oils for specific healing and soothing properties, like lavender for skin healing or tea tree for antibacterial action.

Olfaction: The sense of smell plays a crucial role in aromatherapy. The inhalation of essential oil aromas can have various therapeutic effects, including mood enhancement and relief from respiratory conditions.

Palpitations: Rapid or abnormal heartbeats can be helped with certain calming and soothing essential oils. Always check with your doctor for heart issues.

Pediculicide: A substance that destroys lice. Some essential oils are known for their pediculicidal properties and can be used as natural alternatives for lice treatment.

Perfume: A fragrant liquid made of essential oils, aroma compounds, fixatives, and solvents. Perfume has the highest concentration of oils (20-30%), providing a scent that lasts much longer than cologne or other fragrance types. In aromatherapy, perfumes can be created to provide a therapeutic effect, such as calming the mind or uplifting the spirits.

pH: pH stands for "potential of hydrogen" and measures the acidity or alkalinity of a substance on a scale from 0 to 14. The pH scale is logarithmic, meaning each number on the scale represents a tenfold change in acidity or alkalinity. A pH of 7 is considered neutral, below seven is acidic, and above 7 is alkaline.
Natural Skin pH: The skin's natural pH typically ranges from about 4.5 to 5.7, making it slightly acidic. This acidity helps form what is known as the "acid mantle," a thin film on the skin's surface that acts as a barrier to bacteria, viruses, and other potential contaminants. This slightly acidic environment is crucial for skin health as it helps maintain the integrity of the skin barrier and supports the skin's natural microbiome.
Acceptable pH for Skincare Products: The pH of skincare products is an important consideration, especially in products left on the skin, like creams and lotions. Ideally, skincare products should have a pH close to that of the skin, typically between 4.5 and 5.7, to maintain the skin's natural balance and function. Too alkaline products can disrupt the acid mantle, leading to dryness, irritation, and increased susceptibility to bacteria and infection. On the other hand, too acidic products can also irritate the skin, especially for sensitive skin. It's important to note that some products, like exfoliants, may have a lower pH for specific treatment purposes but should be used in moderation.
In summary, when formulating or choosing natural skincare products, it's crucial to consider the pH level to ensure they're compatible with the skin's natural pH, thus maintaining healthy skin function and appearance.

A pH meter is used to measure the acidity or alkalinity of a formulation. A citric acid solution is used to lower the pH, while sodium bicarbonate solution is employed to raise it. Adjusting the pH is also essential for the proper function of preservatives, as many preservatives require a specific pH range to be effective. Including pH modulators ensures that skincare products are compatible with the skin’s natural acidity and maintain their stability and effectiveness over time.

Phlebitis: Inflammation of a vein, often presenting with symptoms like edema, stiffness, and pain. Anti-inflammatory essential oils can be used to relieve these symptoms.

Phytotherapy: The use of plants and plant extracts for medicinal purposes. Aromatherapy is a branch of phytotherapy that utilizes explicitly essential oils for therapeutic benefits.

Phytotoxicity or Phototoxicity: The toxicity of certain plant-based substances to human skin, especially when exposed to sunlight. Some essential oils, like bergamot and lime, are phototoxic and can cause skin reactions if used before exposure to the sun. Educating on the safe usage and dilution of these oils in skincare products is essential.

Pomade: A hard or semi-hard perfume made using the enfleurage method with cold fat. It is used to capture the fragrance of delicate flowers and plants.

Poultice: A therapeutic application where plant material is placed between two sheets of cloth, often used in aromatherapy to increase circulation and relieve pain.

Preservatives: Ingredients added to skincare products to prevent spoilage and bacterial growth, ensuring the product remains safe and effective during its shelf life. These are used with water-based products and are different than antioxidants, like rosemary extract and vitamin E, used with oil-based products. Essential oils themselves do not adequately preserve water-based products. Examples of broad-spectrum natural preservatives. Nicolina Kolster, professional formulator, recommends—the following three natural preservatives.

• Geogard ECT / Preservative ECO (benzyl alcohol, salicylic acid, glycerin, sorbic acid)

◆ Product pH requirement: 3-8

◆ Usage rate: 0.6-1%

◆ Water & oil soluble

• Lexgard Natural MB (glyceryl caprylate, glyceryl undecylenate)

◆ Product pH requirement: 4-8

◆ Usage rate: 1-1.5%

◆ Oil soluble

• Versatile TBG MB (triethyl citrate, glyceryl caprylate, benzoic acid)

◆ Product pH requirement: 4-6

◆ Usage rate: 1-1.5%

◆ Oil soluble

• Leucidal SF MAX (lactobacillus ferment)

◆ Product pH requirement: 3-8

◆ Usage rate: 2-4%

◆ Water soluble

Pruritus: Itching caused by allergies or emotional factors. Certain soothing and anti-inflammatory essential oils can help alleviate pruritus.

Psoriasis: A chronic skin disease characterized by itchy, scaly patches. Aromatherapy can offer relief with oils that help in skin regeneration and reducing inflammation.

Rashes: A broad term describing any reddening, inflammation, or eruption on the skin. Various factors, including allergens, irritants, or infections, can cause rashes. Natural skincare approaches to rashes might include soothing and anti-inflammatory ingredients like chamomile, lavender, or calendula.

Resinoid: A semi-solid extract derived from the resinous material of a plant. Resinoids are used in perfumery and aromatherapy for their profound and lasting aromas and differ from essential oils due to their heavier, more viscous nature.

Rosacea: Rosacea is a chronic skin disorder primarily affecting the face. It's marked by redness and flushing, particularly on the cheeks and nose, and can progress to include visible blood vessels and small, pus-filled bumps. Triggers for rosacea flare-ups are diverse, ranging from environmental factors like sunlight and extreme temperatures to lifestyle elements such as stress, certain foods and drinks (including spicy foods, hot beverages, and alcohol), tobacco smoke, and some cosmetics. Effective management of rosacea involves gentle skincare routines, regular use of sunscreen, and the incorporation of anti-inflammatory natural remedies like turmeric, hemp, aloe vera, lavender, rice bran, and chamomile to soothe the skin.

Salve: Similar to ointments, salves are semi-solid preparations to heal, protect, and soothe the skin. They usually contain a combination of oils, waxes, and sometimes medicinal herbs. Essential oils can be added to salves for various therapeutic benefits in aromatherapy.

Scleroderma: A disease involving the hardening and shrinking of connective tissue. Essential oils with anti-inflammatory and skin-soothing properties can be beneficial in managing symptoms.

Scrubs: Exfoliating products that remove dead skin cells promote a smoother and clearer complexion. Natural scrubs can be made from ingredients like sugar, salt, oatmeal, or coffee grounds and can be enhanced with essential oils for additional benefits.

Sedative: A substance that calms and may induce sleep. Many essential oils have sedative properties and are used in aromatherapy for relaxation and sleep enhancement.

Sensitive Skin: A skin type that is prone to inflammation and irritation. It can react to certain chemicals, fragrances, or environmental factors. Essential oils like chamomile (soothing), lavender (healing), and rose (calming) are often recommended for sensitive skin in aromatherapy due to their gentle and soothing properties. Use essential oils in low quantities, patch test and practice great care when working with sensitive skin.

Sensitizers: Substances that can cause allergic reactions or sensitization of the skin upon exposure. Even natural ingredients like essential oils can act as sensitizers in natural skincare. It's important to be aware of potential sensitization and conduct patch tests, particularly for products intended for sensitive skin.

Serum: A concentrated skincare product that delivers active ingredients directly to the skin. Serums are typically water-based and have a thinner consistency than creams or lotions. In aromatherapy, serums can be formulated with essential oils for specific skin concerns, such as anti-aging, brightening, or hydrating.

Solubilizers: Agents used in skincare formulations to dissolve one substance into another, particularly useful in mixing essential oils into water-based products. Solubilizers blend ingredients that typically do not mix, such as oil and water. Their function is similar to emulsifiers but focuses more on creating clarity and stability in solutions. A commonly used solubilizer in the beauty industry is Polysorbate 80. However, it's important to note that Polysorbate 80 is synthetic, a derivative of polyethylene glycol (PEG). Due to its synthetic nature and concerns about potential side effects, Polysorbate 80 often does not align with the principles of natural skincare. As a result, it is generally considered less desirable within the natural beauty community. For formulators committed to natural skincare, seeking alternative solubilizers that align with natural and safe beauty standards is recommended. This approach ensures the creation of products that are effective and adhere to the ethos of natural skincare.
Solubilizers
• Symbiosolv XC (Caprylyl/Capryl Wheat Bran/Straw
Glycosides; Aqua; Fusel Wheat Bran/Straw Glycosides;
Polyglyceryl-5 Oleate; Sodium Cocoyl Glutamate;
Glyceryl Caprylate)
◆ Usage rate: 4-8%
◆ Oil in water solubility
• BEREcare™ PC90 (Polyglyceryl-6 Caprylate (and)
Polyglyceryl-4 Caprate)
◆ Usage rate: 1-25%
◆ Oil in water solubility

Stability Testing in Skincare:
Stability testing is a critical process in skincare formulation that assesses how a product behaves over time under various environmental conditions. This testing is essential to ensure that a product remains safe and effective throughout its intended shelf life. Stability testing involves evaluating the product under different conditions, including temperature changes, light exposure, and humidity, to simulate its performance during storage, transportation, and use. Key aspects examined in stability testing include:

- **Physical Stability:** Ensures the product maintains its texture, colour, and consistency. For instance, emulsions should not separate, and creams should not change in texture.

- **Chemical Stability:** Assesses whether the active ingredients remain effective over time and do not degrade or react with other components in the formula.
- **Microbial Stability:** Ensures the product is not contaminated with bacteria, yeast, or mould, which could pose health risks to the user.
- **Packaging Compatibility:** Ensures that the product's packaging does not negatively interact with the formula, such as leaching chemicals or failing to protect the product from air or light.

The outcome of stability testing helps determine the product's expiry date and any specific storage conditions required. It also guides any necessary adjustments in formulation or packaging to enhance the product's stability.

Styptic: A substance that stops hemorrhages. Certain essential oils can be used for their styptic properties in minor cuts and wounds.

Surfactants in Skincare:

Surfactants, or Surface Active Agents, are ingredients widely used in foaming and cleansing products like shower gels, shampoos, and facial cleansers. Derived from natural sources but chemically processed for cosmetic use, surfactants attract water and oil, effectively removing dirt, oil, and makeup from the skin. They are categorized into four types based on their electrical charge: cationic, anionic, non-anionic, and amphoteric. Each type has distinct properties and uses:

- **Cationic Surfactants:** These have a positive charge and are known for their anti-static properties, making them common in products like fabric softeners. They can also act as antimicrobial agents. However, they are less common in personal care products due to their harshness on the skin and should not be mixed with anionic surfactants as they can neutralize each other.
- **Anionic Surfactants:** Carrying a negative charge, anionic surfactants effectively remove various soils and are commonly found in soaps and detergents. They produce abundant foam but can be sensitizing if used in large quantities. Some anionic surfactants, like SLS (sodium lauryl sulphate), are often avoided in natural skincare due to their potential skin-irritating effects.
- **Non-anionic Surfactants:** These surfactants are neutral and excel in emulsifying oils and removing organic soils. They are compatible with all surfactant types and are known for being skin-friendly. Non-anionic surfactants are excellent for homemade cleansers and body washes.
- **Amphoteric Surfactants:** These unique surfactants have positive and negative charges, which balance each other. Their behaviour changes based on the pH of the solution, acting like cationic surfactants in acidic environments and anionic in alkaline settings. Amphoteric surfactants are versatile and mild, making them suitable for various skincare products.

Tannin: An astringent substance found in plants and trees, used as an antidote for some poisons and in skin care products for its tightening effect.

Thrombosis: The formation of a blood clot in the vascular system. Essential oils that improve circulation can be supportive in managing and preventing thrombosis.

Thrush: An overgrowth of Candida, usually noticeable in the mouth or vagina. Antifungal essential oils can help in managing the symptoms of thrush.

Tincture: A liquid herbal preparation made with alcohol. Tinctures are used in aromatherapy and herbal medicine for internal and topical applications.

Topical Application: The practice of applying essential oils directly to the skin. In aromatherapy, essential oils are typically diluted with a carrier oil to prevent irritation and are used for massage, direct skincare, or to address specific health concerns.

Vasodilator: A substance that causes blood vessels to relax and widen, improving circulation. Some essential oils have vasodilator properties and can be beneficial for cardiovascular health.