

Skincare A(always) B(beautiful) C(complexions)

Demystifying Skincare Ingredients

Your Guide to 31 Elements Found in Skincare Products

With today's technology, more and more products appear on the scene promising a gamut of improvements. Many special ingredients are advertised with new, groundbreaking ingredients. What exactly are these ingredients and what is it that they do? As a smart consumer, you do the homework and read the labels, but still may end up mystified. What things work for sagging skin or what works better for lines? What brightens and what helps with hyperpigmentation?

This month we will endeavor to decipher the language of skin care. You may be surprised to find many of the things that sound foreign are really very familiar, but scientifically renamed. Because we represent Skin Script products, we will be describing some of our ingredients; however, this list will be a guide to any product on the market. Our desire is for you to know not only what you are putting on your skin but why you are doing it. Only then will you be able to get the maximum satisfaction with your investment.



With this in mind, we have made a list of things you should look for in skin care product labels, what they are, and what they do. For ease of research, we've put these "mystery ingredients" in alphabetical order, so enjoy your "Rosetta Stone"!

Product Ingredients

- **Alpha Arbutin** - A derivative from the bear berry. A safe skin lightening alternative to hydroquinone.
- **Alpha Lipoic Acid** - Multifunctional antioxidant. It has a unique ability to neutralize free radicals (skin agers) in both the fatty and watery regions of the cells.



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- **Argireline** - A powerful anti-wrinkle hexapeptide (see peptide) to relax facial tension leading to the reduction of facial lines and wrinkles.
- **Beta Vulgaris** (beet root extract) - Rich in glycolic acid, Beta Vulgaris assists in stimulating collagen production and reducing visible pigmentation.
- **Bisabolol** - An anti-inflammatory, bisabolol is a colorless viscous oil that is the primary constituent of the essential oil of German chamomile.
- **Chamomile** - An oil derived from the plants of the daisy family. It replenishes and enriches dry or sensitive skin. It has antiseptic properties that reduce inflammation.
- **Citrus Grandis** (grapefruit) and **Citrus Medica Limonum** (lemon peel) oil - Both high in the antioxidant Vitamin C, lemon peel oil is a great natural skin brightener.
- **D-alpha-tocopherol** - Vitamin E. It is an antioxidant that stimulates the immune system.
- **Ethyl Macadamiate** and **Aleurites Moluccana** - Macadamia and Kukui nut oil. Easily absorbed by the skin, these oils contain linoleic acid, vital for the metabolism of healthy skin.
- **Fructooligosaccharides** (whew!) - A naturally occurring carbohydrate derived from cane or beet sugar. It is a humectant (moisture magnet) and strengthens skin immunity.
- **Glycerine** - A syrupy liquid obtained from the fermentation of glucose. It may be used as an emollient, lubricant, or humectant.
- **Hamamelis Virginiana** (witch hazel) - Improves skin tone, restores circulation and fights broken capillaries. Calming and antiseptic.
- **Hyaluronic Acid** - Naturally occurring in skin dermis, HA has water binding properties, increases suppleness and strength, smooths skin.
- **Kaolin** - A fine, soft clay, Kaolin absorbs oil and draws out impurities.
- **Kojic Acid** - A derivative of a type of Japanese mushroom/fungi. Kojic Acid brightens skin discoloration safely and without irritation.
- **L-Ascorbic Acid** - Vitamin C - Strengthens capillaries, decreases wrinkles by stimulating collagen production, also a powerful antioxidant.
- **Lactic Acid** - (milk derivative) - An alpha-hydroxy acid that works as an exfoliant that improves wrinkling and roughness.
- **Malic Acid** - (an acid present in unripe fruit, mainly apples) - Another powerful alpha-hydroxy acid which works like lactic acid.
- **Peptide** - A naturally occurring chain of amino acids. Peptides applied topically to the skin can signal cells to produce more collagen, a building block of young, firm skin.
- **Phenyl t-ButylNitronate** - (Spin Trap) - Considered an "intelligent" antioxidant, instead of destroying free radicals, it traps them, transforms them to useful oxygen, then transports them back to the respiratory cycle.



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- **Phycocyanin** - Derived from Spirulina, a blue-green algae, it has anti-inflammatory, antioxidant properties.
- **Porphyria Umbilicalis** (red algae) **Extract** - A natural UVA-screening compound from sea algae that protects skin from photo-aging.
- **Rosa Canina** (rose hip) **Oil** - High in Vitamin C and A, this oil has a strengthening effect on capillaries and connective tissue. Very soothing and healing.
- **Rufus Idaeus** (raspberry) **Extract** - Antioxidant, anti-inflammatory. Excellent for acne.
- **Shea Butter** - A unique fatty acid that moisturizes, promotes elasticity, and provides sun protection. Ideal for dry or aging skin.
- **Sphingolipids** - Balances surface lipids (oils). Regenerates healthy cells, moisturizes. Works as an emulsifier binding oil and water.
- **Squalane** - A major component of human skin surface lipids. Keeps skin soft, healthy and protects skin from environmental damage. Prevents loss of water from the skin.
- **Tocopherol Acetate** - A natural, stable form of Vitamin E. Anti-oxidant.
- **Ubiquinone (CoQ10)** - Reduces wrinkle depth, helps repair wounds.
- **Virus Vinifera** - grape seed extract - Repairs and prevents cellular damage. Offsets redness and inflammation.
- **Zanthoxylum Americanum** (Prickly Ash) - A gentle stimulant that promotes healthy circulation.

So, from A to Z, here's a little help when looking for the product that works for you! By no means complete, this little list is meant to give you a heads up. More questions? We will be happy to answer any or listen to your concerns. We have found that an informed consumer is a happy one!

Still confused or have questions? Mary Ann or Bethany will help you to achieve your happiest skin ever!



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