

## Ingredients Glossary -

### Complete listing of all Garden Girl ingredients and their purpose

Ingredient	Purpose
Acetyl Hexapeptide-3 (Argireline)	Argireline is a chain of six amino acids that relaxes the muscles in skin on the face, eliminating certain surface wrinkles with regular use.
Achillea Millefolium (Yarrow) Extract	Although Yarrow Extract is considered a troublesome weed in gardens, it has many uses in skin care. It is great for the care of oily or acne-prone skin, and has astringent, anti-septic, anti-inflammatory, calming, and healing properties.
Alchemilla Vulgaris (Lady's Mantle) Extract	A restoring agent in many skin care products, Lady's Mantle is also anti-microbial, soothing, and skin-strengthening.
Allantoin	Allantoin is a moisturizing agent used in many skin care products. It also has soothing, anti-acne, anti-irritant, smoothing, and healing properties.
Aloe Vera	An emollient with hydrating, softening, healing, antimicrobial and anti-inflammatory properties. It penetrates the skin, supplying moisture directly to the tissue. It is the most important botanical used in formulations.
Alpha Hydroxy Acid	A group of naturally occurring acids often referred to as "fruit acids". AHAs can treat photodamage and hyperpigmentation, and also reduce fine lines and superficial wrinkles. Additionally, they can lighten surface pigmentation and improve the texture of skin, resulting in softer skin and improved hydration. AHAs reduce the thickness of the outer layer of skin (stratus corneum) through exfoliation. AHAs also have the ability to activate skin's own hyaluronic acid which, in turn, will retain a greater amount of moisture in skin.
Aluminum Oxide Crystals	These tiny crystals are used to smooth the skin through exfoliation of its outer layers, in a process called microderm abrasion. During microderm abrasion, the Aluminum Oxide Crystals scrub the skin and function like an exfoliant, eliminating dead skin cells, clearing blackheads and reducing acne - keeping the skin smooth and soft.
Antioxidants	Antioxidants, particularly those found in Vitamins C and E, as well as in Green Tea, can help fight free radical damage in cells. Free radicals are found naturally in the body - usually in a manageable level. However, free radicals are also formed from environmental factors such as pollution, radiation, cigarette smoke and herbicides. Normally, the body can handle free radicals, but if antioxidants are unavailable, or if the free-radical production becomes excessive, damage can occur. Free radical damage is nearly impossible to control without antioxidants - not only from what you eat (fruits and vegetables) but also from topical antioxidants. Free radical damage is believed to be the leading theory on why we age.
Apricot Oil	A non-greasy emollient, often used as a carrier, Apricot Oil helps to elasticize a product. It has moisturizing and skin-softening properties, and is absorbed quickly by the skin. It has a high Vitamin E content, and helps skin retain elasticity and softness.
Ascorbyl Palmitate	A non-toxic preservative used in products to help incorporate vitamins A, C, and D. It also contains antioxidants, which help the skin fight free radical damage.
Behentrimonium Methosulfate (BTMS)	Also known as Emulsifying Conditioner, BTMS is an emulsifier that gives smoothness to many lotions and creams, and is a mild conditioning agent found in a variety of detanglers and conditioners.
Butylcarbamate	A preservative. See also 'Iodopropynyl Butylcarbamate.'
Butyrospermum Park II (Shea Butter)	Shea Butter is an emollient that repairs and moisturizes dry skin, prevents skin dehydration, and protects the skin from the sun.
Calendula Officinalis (Marigold) Flower Extract	Marigold Extract is an emollient that heals, soothes, and repairs damaged, itchy, or irritated skin. It is often used for oily, sensitive, or acne-prone skin types.
Camellia Sinensis (Green Tea) Leaf Extract	A non-greasy emollient which helps to antioxidantize and fight free radical damage, due to its high oleic acid content.
Camphor	With a scent similar to eucalyptus, Camphor is often used in oily skin or acne treatment products. It has anti-inflammatory, antiseptic, astringent, cooling, refreshing, and circulation-stimulating properties.
Cannabis Sativa (Hemp) Seed Oil	A moisturizing, anti-microbial oil used in many lotions and other skin care products. Its high content of linoleic acid makes it an essential in skin conditioning.
Caprylic/Capric Triglycerides	A non-greasy emollient which spreads easily and promotes penetration of the skin.
Caprylyl Glycol	A liquid emollient which protects against bacteria and is one of the most effective existing skin moisturizers.
Carbomers	High molecular-weight cross-linked polymers, used as thickening and suspending agents. When combined with fat particles, they form stable emulsions.
Carrot Seed Oil	A carrier oil that can be used as a fragrance, skin-healer, moisturizer, and rejuvenator. It is extracted from Wild Carrots, which are commonly known as Queen Anne's Lace.
Cetearyl Alcohol	Produced from plant oils and natural waxes, Cetearyl Alcohol is a stabilizing, emulsifying wax often used as an emollient to raise the viscosity of certain products.
Cetyl Alcohol	An emollient, emulsifier, and thickener produced from vegetable oils such as Palm Oil. It is considered to have non-pore-blocking properties.
Chocolate Flavor Oil	see 'Flavor Oils'
Cinnamon	A skin-soothing substance with tonic, astringent, and anti-septic properties. It is also a popular fragrance.
Citric Acid	A non-sensitive preservative with astringent and antioxidant properties.
Citrus aurantium dulcis (Orange) Fruit Extract	Orange extract relaxes the body and is used to treat dry skin.

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Citrus medica limonum (Lemon) Fruit Extract	An anti-bacterial, anti-septic, astringent, and toning substance containing vitamins B and C. It is used to treat oily skin, sunburns, and acne.
Citrus Paradisi (Pink Grapefruit) Oil	An anti-irritant and fragrance. It is used with the body's lymphatic system, as it helps control the liquid process.
Cocamide DEA	A thickener often added to liquid cleansers to improve viscosity and/or foam production.
Cocamidopropyl Betaine	A surfactant produced from Coconut Oil, used in foaming products.
Cocos Nucifera (Coconut) Oil	A stable group of short-chain fatty acids bonded with glycerin, used as a raw material and/or cream base in many products.
Cucumber Extract	A tightening, refreshing, moisturizing, soothing, healing, anti-itching, and anti-inflammatory substance used in many products, including those for oily skin. It contains amino and organic acids considered to strengthen the skin's acid mantle layer.
Dead Sea Salt	Dead Sea Salt is extracted from the ocean, but is different than regular sea salt because it has a much lower sodium content and a much higher mineral content. When used in skin care products, it replenishes naturally occurring minerals in the skin that often become depleted with age. Dead Sea Salt, therefore, repairs dryness and wrinkles, and provides <u>general rejuvenation to the skin</u> .
Deionized Water	Deionized Water, or water whose ions, minerals, and chemicals have been removed, is similar to distilled water. It is a purified form of water, and is much less electrically conductive than tap water, making it a clear choice for skin care products.
Diazolidinyl Urea	A preservative used to prevent fungi and bacteria, also used as an antiseptic and to deodorize.
Disodium Cocoamphodiacete	A surfactant that increases foaming performance in liquids. It is recommended for baby products or products for sensitive skin.
Disodium EDTA	A product stabilizer and chelating agent.
Disodium Laureth Sulfosuccinate	A gentle cleanser used in many face and body wash products. It increases foaming in liquids and is a non-irritant.
DMAE	DMAE's full name is dimethylaminoethanol. DMAE is a derivative of a B vitamin. It has been shown in some studies to visibly firm skin and help to reduce fine lines. There was one study which was reported in the American Journal of Clinical Dermatology in 2005 that compared a group of volunteers using a topical gel containing the DMAE molecule for 16 weeks with a group who used a gel that did not contain DMAE. At the end of the study, researchers found improvement in the DMAE patients' wrinkles in the forehead, around the eyes and nose, and on the throat. The shape and fullness of the lips also showed improvement. When the volunteers stopped using the gel for two weeks, the skin did not regress to its former condition.
Emu Oil	Emu Oil has been used as a healing oil for thousands of years by Australian Aborigines. It contains oleic and linoleic acids, and can be used in skin care products as a moisturizer, anti-inflammatory, pain reliever, skin softener, wrinkle remover, and agent to prevent scar formation.
Emulsifying Wax (NF)	A non-pore-clogging, plant-derived emulsifier used to thicken certain products.
Essential Oils	Essential Oils are the oils extracted from different plants - herbs, fruits, etc. They are used as fragrances in skin care products, and can be a type of aromatherapy in certain circumstances. Some common essential oils are cinnamon, grapefruit, nutmeg, orange, ginger, juniper, peppermint, and rose. Many essential oils have properties such as healing, anti-inflammatory, anti-cellulite, soothing, moisturizing, repairing, anti-infectious, and revitalizing.
Esters	Esters are organic compounds formed by a reaction between alcohol and acid. They often have very distinct scents, and are used as fragrances in skin care products.
Flavor Oils	Although Flavor Oils do not actually contain any flavor, they are a category of mouth-watering fragrances approved for lip products. All flavor oils used by Garden Girl are phthalate-free.
Galium aparine (Cleavers) Leaf Extract	Cleavers Extract is used to repair skin damaged from spots and/or eczema.
Germall Plus	Also known as imidazolidinyl urea or Germall II, Germall Plus is a preservative.
Ginger Essential Oil	Ginger is a warming and soothing oil that can help ease aching muscles and pain from arthritis, and help with poor circulation.
Glyceryl Monostearate	A non-toxic emulsifier used in many products to disperse ingredients.
Glycol Stearate	Glycol Stearate helps opaquify certain substances, and is used in different products as an emulsifier, thickener, stabilizer, surfactant, and emollient.
Ground Vanilla Beans	Vanilla beans provide an excellent scent to any product and, when ground, work as exfoliants as well.
Guar Hydroxypropyltrimonium Chloride	A derivative of guar gum, GHPT is an anti-inflammatory and anti-irritant used to thicken and smooth a variety of products.
Gynostemma Pentaphyllum Extract	This herb has so many rejuvenating and strengthening properties that it has been nicknamed "the immortality herb" and "the herbal heart defender." It is one of the few adaptogens, herbs that help your body gain strength without hurting it. Its extract is a circulation enhancer, and brings oxygen and nutrients to dry or deprived areas of skin.
Hedera Helix (Ivy) Extract	Ivy is credited with anti-cellulite and slimming powers due to its property to lower water absorption in the skin. It is soothing, antiparasitic, decongestant, antibacterial, and is generally used to repair and soothe skin.

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Helianthus Annuus (Sunflower) Seed Oil	A non-pore-clogging carrier oil with soothing properties.
Honey	Traceable all the way back to Cleopatra, Honey is an ingredient that softens and moisturizes the skin.
Hyaluronic Acid	Hyaluronic acid is a major component in both cartilage and skin. Hyaluronic acid helps to maintain hydration in skin, and also help to repair damage. Its water-absorption abilities and large molecular structure allow the epidermis to achieve greater suppleness and proper elasticity. When applied to the skin, HA forms a viscoelastic film in a manner similar to the way it holds water in the cells of skin and connective tissues. It gives immediate smoothness to rough skin surfaces and significantly improves skin's appearance.
Hydrolyzed Oats	An anti-itching skin protectant with a soothing effect on sensitive skin.
Hydrolyzed Silk	An ingredient used in soaps and lotions to give the product a smooth and silky feel.
Hydroxypropyl Starch Phosphate	An ingredient used in many cleansing products to improve the texture of the solution. It generally increases the product's ability to spread and foam.
Iodopropynyl Butylcarbamate	An anti-fungal preservative.
Joboba Oil (Simmondsia Chinensis Seed Oil)	A non-irritating, non-toxic emollient that moisturizes and softens skin, used traditionally by the Native Americans and modernly to increase the spread ability of products.
Kosher Vegetable Glycerin	A humectant with water-binding capabilities that allow it to draw and absorb water from the air. It helps skin retain moisture.
L-Arginine	An ingredient found in many skin care products to heal wounds and eliminate scarred skin. It also relaxes the skin, boosts its immunity, and battles dry skin.
Lavandula angustifolia (Lavender)	A fragrance with healing, soothing, balancing, and anti-inflammatory properties.
Malva Sylvestris Extract	A soothing, refreshing, and anti-inflammatory emollient excellent for use in eye and skin soothing treatments, due to its property to create a thin protective gel over the skin.
Meadowfoam Seed Oil	An oxidation-resistant emollient, very dry and easy for the skin to absorb. Meadowfoam Oil is very useful when mixed with Shea Butter.
Melissa Officinalis Leaf Extract	These leaves are full of essential oils which nourish the skin. Melissa Officinalis Extract soothes and smoothes the skin, eliminating wrinkles.
Mentha Piperita (Peppermint) Leaf Extract	Peppermint Leaf Extract is a great skin refresher. It relieves irritation and itching, and returns skin to its normal color, shape, and temperature by cooling it after trauma.
Panax Ginseng Extract	According to folklore, Ginseng is very helpful on bruises, burns, and sores. Today it is still used for such purposes, as well as repairing dry and wrinkled skin, increasing the skin's elasticity, and rejuvenating the skin's vitamin and mineral content.
Panthenol	Also known as Vitamin B5. It acts as a penetrating moisturizer, and can aid in tissue repair.
PEG-150 Pentaerythrityl tetraacetate	A thickener in many skin care products, especially shampoos and conditioners.
PEG-6 Capric/Caprylic Glycerides	A non-toxic emollient and emulsifying agent that has proved itself successful in keeping skin smooth and preserving its lipid content.
Pelargonium Graveolens (Rose Geranium) Oil	Rose Geranium oil is an essential oil which restores balance in both the skin and the body. It clears congested skin, relieves the skin and body of stress, and balances the chemicals in the skin. It is also a wonderful oil regulator which gives the skin just the right amount of moisture.
Persea Gratissima (Avocado) Oil	Avocado Oil is a carrier oil and emollient, and is very soothing to the skin. It is anti-bacterial, may help increase skin's collagen production, and is the most effective naturally derived oil for sun protection.
Phenoxyethanol	A preservative used to dissolve certain products. It has anti-bacterial, anti-fungal, anti-insect, and anti-germ properties.
Plantain Leaf Extract	Coming from plantains, banana-like fruits, Plantain Extract has soothing, cooling, astringent, antibacterial, and antiseptic properties when used in skin care products.
Primula Veris Extract	A soothing and anti-itching ingredient which works especially well on dry skin.
Pyrus malus (Apple) Fruit Extract	Apple Extract has soothing and exfoliating properties, and is considered beneficial to dry skin.
Rice Bran Oil	A soothing carrier oil and emollient, especially useful in treating dry adult skin. Rice Bran Oil helps the body form collagen and avoid lipid peroxidation.
Saccharum officinarum (Sugar Cane) Extract	An anti-aging alpha-hydroxy acid (AHA).
Safflower Oil (Carthamus Tinctorius Seed Oil)	A non-pore-clogging carrier oil that hydrates the skin.
Salix Nigra (Organic Black Willow Bark) Extract	A cosmetic anti-irritant.
Sambucus nigra (Elder) Flower Extract	A mild stimulant and astringent, Elder Flower Extract is excellent in treatment of dry skin and protection against sun damage.

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Seaweed Extract	Seaweed has incredible healing and rejuvenating powers for the skin, as noted in Chinese and Polynesian history. It is also useful in treating acne, reducing wrinkles, increasing stimulation and nourishment of the skin, and repair of damaged or unhealthy skin.
Silk Proteins	Silk Proteins protect the skin from dehydration, and are very effective in anti-wrinkle eye creams. Their low molecular weight allows them to penetrate the top layer of the skin and eliminate certain wrinkles.
Sodium C14-16 Olefin Sulfonate	A foaming and cleaning agent, very useful in soaps, body washes, and shampoos.
Sodium Hyaluronate	A moisturizing emulsifier that increases the viscosity of a product. It can bring and hold together 1,800 times its own weight in water!
Sodium Olefin Sulfonate	See 'Sodium C14-16 Olefin Sulfonate.'
Sorbic Acid	A broad spectrum of non-toxic preservatives often used to replace glycerin in emulsions and other products.
Squalene	An exceptional lubricant and skin moisturizer.
Stearic Acid	The main ingredient in many bar soaps, Stearic Acid is an emulsifier and thickening agent found in many fats and oils.
Sunflower (Helianthus Annus) Oil	A carrier oil with high essential fatty acid content, used for its smoothing properties.
Tea Tree (Melaleuca Alternifolia) Oil	A natural, non-toxic, non-irritating preservative, Tea Tree Oil has many uses. It has antiseptic, germicidal, expectorant, and healing properties, and is widely recognized as a topical remedy for common skin ailments. It is often used to treat yeast infections; fungus; skin disorders such as seborrhea, psoriasis, eczema, and dermatitis; cuts; and infected wounds.
Tetrasodium EDTA	A preservative as well as sequestering and chelating agent.
Tetrastearate	See 'PEG-150 Pentaerythryl tetrastearate.'
Turbinado Sugar	Also known as 'turbinado sugar' or 'raw sugar', turbinado sugar is sugar cane after the first pressing, before it is classified as 'granulated.' It is often used as an exfoliant in sugar scrubs, which smooth and moisturize the skin.
Urtica dioica (Nettle) Leaf Extract	The botanical with the highest Vitamin E content, giving it excellent antioxidant properties. Other properties include anti-inflammatory, anti-bacterial, astringent, healing, stimulating, and slightly deodorant.
Vanilla Flavor Oil	see 'Flavor Oils'
Vegetable Glycerin	See 'Kosher Vegetable Glycerin'
Veronica Officinalis Extract	A substance with many properties, including anti-inflammatory, soothing, tonic, healing, and purifying. Veronica Extract is also considered to promote tissue growth and pore refinement.
Vitamin C	A common antioxidant, Vitamin C is used in anti-aging products, immune system boosters, skin protection products, and free radical damage repairers. Vitamin C's synergism with Vitamin E makes both vitamins' protection against free radicals stronger. The combination of Vitamins C and E with sunscreen provides UVA and UVB protection that is more powerful than all three substances separately.
Vitamin E (Tocopheryl Acetate)	An antioxidant that moisturizes the skin while performing free radical damage control, often used in sunscreens. See also 'Vitamin C'.
Vitis Vinifera (Grape Seed) Oil	A substance with moisturizing and nourishing properties because of its high content of linoleic acid.
Wheat Protein	An impressively non-irritating emulsifier with elasticity and binding properties. It moisturizes, conditions and tightens the skin, filling creases and removing surface wrinkles, as it forms a film on the skin that eventually penetrates the surface.
White Kaolin Clay	White Kaolin is the mildest clay, and is used to stimulate circulation in the skin while it is being cleansed and exfoliated. White Kaolin Clay is especially effective on sensitive skin.
Witch Hazel	Witch Hazel is an astringent produced from the leaves and bark of the North American Witch Hazel shrub. It has anti-inflammatory and wound healing properties as well. It is used for its softening and emollient properties. It has also been found effective against free radicals, countering the effects of UVA by its anti-free radical activity.