

ANCIENT AURAS

COMPRHENSIVE INGREDIENTS LIST & MAJOR ATTRIBUTES TO SKIN HEALTH

NATURAL OILS:

ALMOND (SWEET) OIL -

ALMOND OIL IS KNOWN FOR ITS MOISTURIZATION AND HEALING PROPERTIES. IT CONTAINS LARGE AMOUNTS OF VITAMINS E AND K, SO IT NOT ONLY HELPS SKIN TO REGENERATE AND MAINTAIN ELASTICITY, IT ALSO PROMOTES BETTER CIRCULATION. SWEET ALMOND OIL IS A NATURAL UV BLOCKER AS WELL.

AVACADO OIL -

AVAOCADO OIL IS RATED AMONG THE HIGHEST OILS FOR SKIN MOISTURIZATION. IT IS RICH IN VITAMIN E AND OMEGA-3 FATTY ACIDS, WHICH HELPS PROPER CELL FUNCTION AND DECREASES INFLAMATION. IT IS BEST WHEN USED FOR DRY, ITCHY AND/OR AGING SKIN.

COCONUT (VIRGIN) OIL -

RICH WITH VITAMIN E, COCONUT OIL IS COMPRISED MAINLY OF LAURIC ACID, AND IS KNOWN TO BE ONE OF THE HEALTHIEST OILS FOR YOUR BODY AND SKIN. IT IS GREAT FOR STRENGTHENING THE EPIDERMIS AGAINST CELLULITE, STRETCH MARKS AND ELIMINATING KERATOSIS PILARIS (CLOGGED SKIN PORES CAUSING BUMPS). COCONUT OIL CAN ALSO BE USED TO TREAT OR PREVENT SKIN IRRITATIONS OR INFECTIONS, BUT IS BEST FOR SENSITIVE SKIN AND ECZEMA.

JOJOBA OIL -

ACTUALLY A WAX, ITS CHEMICAL STRUCTURE IS VERY SIMILAR TO OUR OWN SKIN'S NATURAL OILS (SEBUM), SO IS ABSORBED VERY EASILY. IT CONTAINS ZINC, COPPER, AND VITAMINS E AND B, WHICH HELP STRENGTHEN SKIN. JOJOBA OIL IS BEST FOR VERY DRY SKIN.

MOROCCAN ARGAN OIL -

THIS OIL IS RICH WITH ANTI-OXIDENTS, VITAMINS A & E, OMEGA-6 FATTY ACIDS AND LINOLEIC ACID MAKING IT EXTREMELY MOISTURIZING, AN ANTI-AGING AGENT AND HAS AMAZING HEALING PROPERTIES. ARGAN OIL IS SILKY SMOOTH, ABSORBS QUICKLY INTO THE SKIN AND DOES NOT LEAVE AN OILY RESIDUE.

OLIVE OIL -

SUPER RICH IN FATTY ACIDS AND VITAMIN E, IT IS RATED ONE OF THE HIGHEST OILS FOR SKIN MOISTURIZATION. BECAUSE OLIVE OIL IS A THICKER OIL, THOSE WITH ACNE SHOULD AVOID USE ON THE FACE. ALSO, THE ANTI-OXIDENT CONTENT IN OLIVE OIL MAY PROTECT AGAINST SKIN CANCER. OLIVE OIL IS BEST FOR VERY DRY SKIN.

SHEA BUTTER -

THIS IS AMONG THE TOP ECHELON OF MOISTURIZERS. ALSO, THE RICH ANTIOXIDANT CONTENT HELPS RESTORE SKIN ELASTICITY (GREAT FOR STRETCH MARKS) AND KNOWN FOR ITS ABILITY TO SPEED THE HEALING OF MINOR WOUNDS, RASHES, BURNS, NEW TATTOOS, ECZEMA AND ACNE. SHEA BUTTER IS BEST FOR VERY DRY SKIN.

ESSENCIAL OILS:

CAMOMILE OIL -

BESIDES THE INTERNAL AND AROMATHERAPUTIC PROPERTIES OF RELAXATION, CAMOMILE IS AN ANTIBACTERIAL, ANTIFUNGAL, ANTI-INFLAMMATORY AND ANTISEPTIC IT IS ALSO CONSIDERED TO BE A HYPOALLERGENIC WITH THE ABILITY TO NEUTRALIZE SKIN IRRITANTS.

CINNAMON OIL -

CINNAMON IS AN ANTISEPTIC, ANTI-FUNGAL, ANTIBACTERIAL AND HELPS WITH ECZEMA, ACNE AND BLEMMISHES. IT STIMULATES BLOOD VESSELS TO BRING BLOOD TO THE SURFACE OF THE SKIN. ALSO, INCREASES COLLAGEN LEVELS WHICH INCREASES ELASTICITY IN THE SKIN REDUCING SIGNS OF AGING. THE SCENT OF THIS OIL IS SAID TO ENHANCE SEXUAL DESIRE IN MEN AND WOMEN, AND IS ALSO EFFECTIVE IN TREATING DEPRESSION AND HEADACHES. THE POWDER ITSELF ACTS AS AN EXCELLENT EXFOLIANT.

CEDARWOOD OIL -

AS AN ASTRINGENT, IT TIGHTENS LOOSE MUSCLES AND CREATES A FEELING OF FIRMNESS AND YOUTH. BECAUSE OF ITS SOOTHING AND CALMING PROPERTIES, CEDARWOOD OIL HELPS WITH RESTLESS LEG SYNDROME, ATHSMA AND OTHER SPASMATIC CONDITIONS. ALSO, AS AN ANTI-INFLAMMATORY, IT HELPS CALM JOINTS AND TISSUES, WHICH ARE COMMON SYMPTOMS OF ARTHRITIS.

GRAPEFRUIT OIL -

AN ANTI-INFLAMMATORY AND AN ANTISEPTIC. ONE OF ITS MAIN CONSTITUENTS, *LIMONENE*, IS KNOWN TO BE A TUMOR-FIGHTING, CANCER-PREVENTATIVE PHYTOCHEMICAL THAT PROTECTS DNA AND CELLS FROM DAMAGE. ALSO, CONTAINS OTHER POWERFUL ANTIOXIDANTS WHICH HELP WITH MUSCLE ACHES AND ACTS AS A NATURAL REMEDY FOR ARTHRITIS. GRAPEFRUIT OIL IS A POWERFUL GALLBLADDER AND LIVER STIMULANT SO IT ALSO CAN HELP STOP HEADACHES, SLUGGISHNESS AND CRAVINGS FOLLOWING A DAY OF ALCOHOL CONSUMPTION.

LAVENDER OIL -

LAVENDER HELPS CONTROL SEBUM PRODUCTION, SOOTHES IRRITATION AND IS A NATURAL ANTICEPTIC AND DISINFECTANT. ALSO, IT HELPS AID IN THE ABSORPTION OF OTHER ACTIVE INGREDIENTS/NUTRIENTS INTO THE SKIN. THE AROMATHERAPUTIC QUALITIES OF LAVENDER ARE KNOWN TO SOOTH AND CALM NERVES. LAVENDER OIL IS BEST FOR ACNE AND/OR GENERAL SKIN IRRITATION.

LEMON OIL -

AMAZING FOR CLEANING PORES DUE TO ITS ANTICEPTIC QUALITIES, LEMON OIL IS ALSO A NATURAL ANTIFUNGAL AND ANTI BACTERIAL. AS A CARRIER OIL, IT PROVIDES NECESSARY COMPONENTS TO ASSURE PROPER ABSORPTION AND PENETRATION INTO THE SKIN. LEMON OIL IS A NATURAL TONIFIER - BALANCING AND REJUVENATING, LEAVING A HEALTHY GLOW TO YOUR SKIN.

PATCHOULI OIL -

LIKE OTHER OILS, PATCHOULI IS AN ANTISEPTIC, ASTRINGENT, ANTI-INFLAMMATORY AND AN ANTIFUNGAL. BUT, LESS COMMONLY KNOWN IS ITS PROPERTIES AS AN ANTIDEPRESSANT, SEDATIVE AND APHRODISIAC. BY STIMULATING THE RELEASE OF PLEASURE HORMONES LIKE SERATONIN AND DOPAMINE, IT DIMINISHES THE FEELINGS OF ANGER, DEPRESSION, ANXIETY AND SADNESS. PATCHOULI IS A FEBRIFUGE (LOWERS THE BODY'S TEMPERATURE IN CASE OF FEVER) BY FIGHTING INFECTIONS THAT CAUSE FEVER. FURTHERMORE, PATCHOULI IS A CICATRISANT, CYTOPHYLACTIC, DEODORANT, DIURETIC AND AN INSECTICIDE.

PEPPERMINT OIL -

CONTAINS OMEGA-3 FATTY ACIDS, IRON, MAGNESIUM, CALCIUM, POTASSIUM, VITAMINS A & C, MANGANESE AND COPPER. IT IS KNOWN TO ELIMINATE ACNE AND OTHER SKIN CONDITIONS. BECAUSE OF ITS MENTHOL CONTENT, PEPPERMINT OIL RELEASES MUSCLE ACHES, HEADACHES AND LEAVES SKIN FEELING COOL AND SOOTHED.

SAGE OIL -

CALMING AND SOOTHING TO THE SKIN, SAGE OIL IS OFTEN USED TO RELIEVE NERVOUS TENSION AND LIGHTENS MOOD DISPELLING CONFUSION AND ILLUSION. ALSO, IT IS OFTEN USED ON THE BROW AND DURING MEDITATION, CONTEMPLATION, OR CREATIVE WORK. THIS OIL ALSO HELPS BALANCE HORMONES AND SOOTHES MONTHLY DISCOMFORT ASSOCIATED WITH MENSTRUAL CYCLES.

TEA TREE OIL -

OFTEN REFERED TO AS A "MIRACLE" OIL, TEA TREE OIL HAS A HUGE LIST OF DIFFERENT BENEFITS FOR THE SKIN: HELPS REDUCE FEVERS AND END HEADACHES, IS A PAIN RELIEVER, TREATS LICE, CAN HELP LOWER BLOOD PRESSURE, HELPFUL FOR INFECTIONS INCLUDING VAGINITIS, SINUSITIS, CYSTITIS, IA AN ANTI-VIRAL AND ANTI-CANDIDA RING WORM AND ATHLETE'S FOOT, SOFTENS CORNS, HEALS CUTS AND SCRAPES, SOOTHES ITCHING OF INSECT BITES AND CHICKEN POX, ATTACKS WARTS, HELPS TO CURE DANDRUFF & IS ESPECIALLY EFFECTIVE IN SOAPS FOR DEALING WITH ACNE.

OTHER ACTIVE INGREDIENTS:

ACTIVATED CHARCOAL -

THIS IS AN ALL-NATURAL MEDICAL GRADE CHARCOAL (OFTEN USED IN WATER PURIFIERS) THAT HAS AMAZING BENEFITS TO THE SKIN. THE LIST IS QUITE LONG, BUT IN A NUTSHELL IT DRAWS TOXINS STRAIGHT OUT OF YOUR SKIN - IN DOING SO, IT MAKES PORES CLEANER AND SMALLER, TREATS OILY SKIN, TREATS ACNE, DEEP CLEANS, SOOTHES AND HEALS CUTS, BITES AND IRRITATIONS & SPEED HEALING, AND ACTIVATED CHARCOAL IS ALSO KNOWN TO REMEDY SCALP CONDITIONS, SUCH AS DANDRUFF, REDNESS, OILY & ITCHY SCALP.

GOAT MILK -

RICH WITH VITAMIN A, GOAT MILK IS PARTICULARLY HELPFUL IN REPAIRING DAMAGED SKIN TISSUE AND MAINTENANCE OF HEALTHY SKIN. ALSO, IT CONTAINS ALPHA HYDROXY ACIDS (SUCH AS LACTIC ACID) THAT HELPS REMOVE DEAD SKIN CELLS THAT COULD BLOCK OR CLOG YOUR PORES. THE MINERAL SELENIUM FOUND IN GOAT MILK IS BELIEVD BY SCIENTISTS TO HELP PREVENT CANCER DUE TO DAMAGE TO THE SKIN CAUSED BY EXCESS EXPOSURE TO THE SUN. GOAT MILK IS BEST FOR DRY SKIN, PSORIASIS, ECZEMA AND ACNE.

CANE SUGAR -

CANE SUGAR DRAWS MOISTURE FROM THE AIR INTO SKIN CELLS, WHICH IS KEY FOR DRY SKIN. IT CONTAINS GLYCOLIC ACID WHICH REMOVES DEAD SKIN CELLS, DIRT, AND OILS THAT CAN CLOG AND STRETCH PORES, AND GREAT WHEN USED AS AN EXFOLIANT AS WELL.

COCOA -

A SUPER ANTIOXIDANT, COCOA REDUCES SIGNS OF AGING, BLEMISHES AND ADDS A GLOW TO YOUR SKIN. ALSO, IT IS A NATURAL UV BLOCKER. COCOA POWDER IS GREAT FOR AN EXFOLIANT AS WELL.

HONEY -

AS A NATURAL HUMECTANT, HONEY DRAWS MOISTURE FROM THE AIR INTO THE SKIN FOR LONG-LASTING HYDRATION. THE ENZYMES IN RAW HONEY CLARIFY SKIN AND KEEPS PORES CLEAN AND CLEAR. AS AN ANTIBACTERIAL AND ANTIFUNGAL IT HELPS STOP BACTERIA THAT CAN CAUSE BREAKOUTS AND OTHER SKIN CONDITIONS. ALSO, HONEY'S ANTI-INFLAMMATORY PROPERTIES WILL CALM REDNESS AND IRRITATION.

MOROCCAN RED CLAY -

ALSO KNOWN AS **RHASSOUL CLAY**, IT IS MINERAL RICH WITH THE HIGHEST CONTENT OF SILICA, MAGNESIUM, POTASSIUM AND CALCIUM OF ANY OTHER CLAY. RED CLAY IS USED AS A DETOXIFYING CLEANSER, SKIN CONDITIONER, SHAMPOO AND FACIAL & BODY MASK. SPECIFICALLY IN SOAP, IT CLEANS OUT PORES AND TIGHTENS THEM. ALSO, IN CONJUNCTION WITH ACTIVATED CHARCOAL, IT SOAKS UP THE TOXINS THAT THE CHARCOAL DRAWS OUT.

OATMEAL -

OATMEAL IS A LONG KNOWN REMEDY FOR DRY SKIN AND THE REMOVAL OF TOXIC OR HARMFUL OILS, SUCH AS POISON IVY, RELIEVING ITCHING, REDNESS AND IRRITATION. WHEN EXPOSED TO WATER, OATS GO THROUGH A PROCESS CALLED **POLYSACCHARINATION**, WHICH CAUSES THEM TO BECOME GELATINOUS AND WILL CREATE A FINE PROTECTIVE FILM WHEN APPLIED TO THE SKIN. ALSO, OATMEAL IS KNOWN TO HELP LIGHTEN SKIN AND HELP REMOVE BLOTCHINESS.