

SKINCARE DICTIONARY

Antioxidant: Protects the skin by neutralizing free radicals that cause oxidative stress and damage, helping to prevent premature aging and inflammation.

Alpha Hydroxy Acid (AHA): A group of water-soluble acids (e.g., glycolic, lactic acids) that exfoliate the surface of the skin, improving texture and promoting cell turnover.

Aloe Vera: A soothing, hydrating plant extract with anti-inflammatory and healing properties, often used to calm irritation and moisturize.

Argan Oil: Rich in vitamin E and essential fatty acids, this oil hydrates, softens, and protects the skin from environmental damage.

Arnica Extract: Known for its anti-inflammatory and healing benefits, it reduces bruising, swelling, and redness.

Ascorbic Acid (Vitamin C): A powerful antioxidant that brightens skin, boosts collagen production, and protects against UV-induced damage.

Azulene: Derived from chamomile, this ingredient is anti-inflammatory and soothing, ideal for sensitive or irritated skin.

Bakuchiol: A plant-based alternative to retinol, it reduces fine lines, evens skin tone, and is gentle on sensitive skin.

Beta Hydroxy Acid (BHA): Oil-soluble acids (e.g., salicylic acid) that penetrate pores to exfoliate, reduce acne, and improve skin texture.

Benzoyl Peroxide: A common acne treatment that kills bacteria and reduces inflammation while promoting skin exfoliation.

Caffeine: Reduces puffiness and brightens skin by constricting blood vessels and improving circulation.

Calendula Extract: A calming and anti-inflammatory botanical that soothes irritation and promotes healing.

Ceramides: Lipids naturally found in the skin that restore the barrier, retain moisture, and protect against environmental aggressors.

Chamomile: A botanical with anti-inflammatory, calming, and soothing properties, ideal for sensitive skin.

Citric Acid: An AHA that exfoliates, brightens, and balances the skin's pH levels.

Clay: Detoxifies and absorbs excess oil, making it beneficial for oily and acne-prone skin.

Coconut Oil: A deeply hydrating emollient that locks in moisture and provides antimicrobial benefits.

Collagen: A protein that gives skin structure and firmness; topical collagen hydrates and temporarily plumps the skin.

Colostrum: Rich in growth factors and nutrients, it promotes healing, hydration, and rejuvenation.

Eucalyptus Oil: An antiseptic essential oil that soothes irritation and reduces inflammation, often used in acne treatments.

Ferulic Acid: An antioxidant that stabilizes vitamins C and E, enhancing their effectiveness and protecting against free radicals.

Ginger Root Extract: Anti-inflammatory and antioxidant properties help improve skin tone and elasticity.

Glucose: A humectant that attracts water to hydrate and soften the skin.

Glycerin: A powerful humectant that draws moisture into the skin and prevents dehydration.

Glycolic Acid: An AHA that exfoliates the surface layer, promotes cell turnover, and reduces fine lines and discoloration.

Glycolipids: Moisturizing compounds that support the skin barrier and enhance hydration.

Grapefruit Oil: Astringent and detoxifying properties help tone the skin and reduce excess oil.

Green Tea Extract: Rich in antioxidants, it calms inflammation and protects against environmental stressors.

Hibiscus Extract: Contains natural AHAs that exfoliate and brighten the skin while improving elasticity.

Honey: A natural humectant with antimicrobial properties, it hydrates and soothes the skin.

Hyaluronic Acid: A humectant that holds 1,000 times its weight in water, delivering intense hydration and plumping.

Hydroquinone: A skin-lightening agent that reduces hyperpigmentation and melasma by inhibiting melanin production.

Jasmine Oil: A fragrant oil with moisturizing and soothing properties, suitable for dry and sensitive skin.

Jojoba Oil: A lightweight, non-comedogenic oil that mimics the skin's natural sebum to moisturize and balance.

Kaolin: A gentle clay that absorbs oil, detoxifies, and soothes sensitive skin.

Lactic Acid: An AHA that exfoliates, hydrates, and brightens the skin, improving texture and tone.

Liposomes: Microscopic delivery systems that encapsulate active ingredients for targeted and deeper skin penetration.

Mineral Oil: An occlusive agent that locks in moisture and prevents water loss.

Niacinamide: A form of vitamin B3 that reduces inflammation, improves skin barrier function, and minimizes pores.

Oat: A soothing ingredient that calms irritation and hydrates the skin, often used in products for sensitive skin.

Papaya: Rich in enzymes that gently exfoliate and brighten the skin.

Paraben: A common preservative used to prevent microbial growth in skincare products.

Peppermint: A refreshing, cooling ingredient with antibacterial and anti-inflammatory properties.

Phospholipids: Lipids that help restore the skin's barrier and improve moisture retention.

Pineapple Enzyme: An exfoliating enzyme (bromelain) that removes dead skin cells and brightens.

Plum Seed Oil: Rich in antioxidants and fatty acids, it hydrates, softens, and protects the skin.

Propolis: A bee byproduct with antimicrobial and healing properties, often used for acne-prone skin.

Retinoic Acid (Tretinoin): A potent vitamin A derivative that stimulates cell turnover, improves texture, and treats acne.

Retinol: A vitamin A derivative that reduces wrinkles, smooths skin, and boosts collagen production.

Rose Extract: A soothing, antioxidant-rich ingredient that calms and hydrates the skin.

Rosehip Oil: Packed with vitamins A and C, it improves texture, evens tone, and hydrates the skin.

Rosemary Extract: An antioxidant and anti-inflammatory that soothes and protects against free radicals.

Rosewater: A hydrating and soothing toner that balances and refreshes the skin.

Salicylic Acid: A BHA that penetrates pores to exfoliate, unclog, and treat acne.

Seaweed Extract: Rich in vitamins and minerals, it hydrates, detoxifies, and promotes skin repair.

Shea Butter: A nourishing emollient that deeply moisturizes and soothes dry or irritated skin.

Silicone: Creates a smooth, protective barrier on the skin, often used in primers.

Squalene: A lightweight, non-comedogenic oil that hydrates and protects the skin barrier.

Tartaric Acid: An AHA that exfoliates, smooths skin texture, and brightens.

Tea Tree Oil: An antimicrobial essential oil that reduces acne and soothes irritation.

Turmeric: An anti-inflammatory and antioxidant that brightens skin and calms redness.

Vitamins A, B, C, D, E, F, K, and P

- **Vitamin A:** Stimulates cell turnover and collagen production
- **Vitamin B:** Hydrates, brightens, and reduces inflammation.
- **Vitamin C:** Boosts collagen, brightens and protects against damage.
- **Vitamin D:** Promotes skin repair and protects against environmental damage.
- **Vitamin E:** An antioxidant that hydrates and heals.
- **Vitamin F:** Strengthens the barrier and locks in moisture.
- **Vitamin K:** Reduces redness and promotes healing.
- **Vitamin P:** Improves circulation and strengthens capillaries.

Willow Bark Extract: A natural source of salicylic acid, it exfoliates and reduces acne

Witch Hazel: A natural astringent that tones the skin and reduces inflammation

Zinc: An anti-inflammatory mineral that reduces acne and supports healing.