

+ Chapter 14 Circadia by Dr. Pugliese Products – Products at a glance

Retail and Professional

Vitamin Veil Cleanser
Lipid Cleansing Gel
Salicylic Wash
Emergency Eye Lift
Vitamin C Serum
Burn Stat Post Peel
Moisture on Demand
Light Day Cream SPF-15
Light Day Cream SPF-30
Daytime Control
Night Time Control
Circadia Night Time
Circadia Plus
Rosacea Rx
White Veil Lightener
Spot Stop
Anti-cellulite Gel
Entice Pheromone
Vitagè

Professional Only

Derma-Frost
Zymase Skin Refinisher
Chocolate Enzyme Masque
Raspberry Enzyme Masque
SWiCH™
Fraction V



Recommended Use _____

We recommend using Circadia for home regimen in the following manner. As a skin care professional you have the flexibility of directing your patient/client by customizing the system according to skin type and condition. Always obtain a health in-take form and perform a thorough evaluation prior to prescribing any skin care treatment or product. Know that you are working with high performance ingredients that have been clinically proven for their efficacy.

Evening _____

1. *Vitamin Veil Cleanser*: apply small amount over entire face and eye area working in circular motions. Rinse off with a warm wet facecloth.
2. *Vitamin C Reversal Serum*: apply 2-3 drops over entire face, neck and eye area.
3. *White Veil*: when prescribed for pigmentation.
4. *Circadia/Circadia Plus*: Apply over entire face and throat areas.
5. *Professional Firming and Shaping Gel*: apply generously to thighs and buttocks. Allow time for drying before getting into bed.

Morning _____

1. *Lipid Replacing Cleansing Gel*: apply small amount over entire face and eye area working in circular motions. Rinse off with a warm wet facecloth.
2. *Vitamin C Reversal Serum*: apply 2-3 drops over face, neck and eye area.
3. *Emergency Eye Lift*: apply one drop to fingertip and smooth under eye, around crow's feet area.
4. *Light Day Cream SPF 15 or 30*: Apply to face and neck area.

Acne _____

1. *Cleansing Gel with Salicylic Acid*: apply small amount over entire face and neck (avoid eye area) and work in circular motion. Rinse thoroughly.
2. *Daytime Control*: apply small amount over entire face and neck areas.
3. *Nighttime Control*: apply small amount over entire face and neck.
4. *Spot Stop*: Use over breakout when needed. Apply under any moisturizer.

Product Classification _____

Cleansers

Purpose: To thoroughly cleanse the skin removing makeup and cellular debris. Circadia's cleansers are very mild and gentle to the skin. They will not strip the natural oils.

Refresher

Purpose: To freshen the skin leaving it pH balanced and preparing it for a corrector or cream. May be used throughout the day or when traveling. The refresher renders the skin hydrated and soothed.

Correctors

Purpose: "Correctors" are used to target specific skin correction. They are normally applied on clean skin and before a moisturizer once or twice daily as directed by the skin specialist.

Protection (Day)

Purpose: Supports skin moisture balance during daylight as well as protect from UV rays.

Repair (Night)

Purpose: Working with the body's circadian rhythm, the nourishing cream works best when applied between the hours of 10:00 PM and Midnight when the body is at its peak of metabolic repair.

Mask (2-3 times weekly)

Purpose: To help stimulate and correct the skin.



	Aging/Mature/ Environmentally Damaged	Rosacea Sensitive	Acne / Prob- lematic	Pigmented	Post Peel, Surgical, Microdermabrasion
CLEANSERS					
CL01 - White Veil Cleanser	√	√			√
CL02 - Lipid Cleansing Gel			√	√	
CL15 - Salicylic Wash			√	√	
CREAMS					
CM07 - Light Day SPF 15	√	√	√	√	√
CM08 - Light Day SPF 30	√	√		√	√
CM23 - Rosacea Rx	√	√	√		√
CM16 - Daytime Control			√		
CM17 - Night Time Con- trol			√		
CM09 - Circadia - Night		√		√	√
CM10 - Circadia Plus	√			√	√
CM05 - Post Peel	√	√			√
CM26 - Hydrating Crème	√	√		√	√
CORRECTORS					
C03 - Emergency Eye Lift	√	√	√	√	√
C11 - Moisture on De- mand	√	√	√	√	√
C04 - Vitamin C Serum	√	√	√	√	√
C19 - White Veil Light- ener	√	√	√	√	√
C18 - Spot Stop			√		
PROFESSIONAL ONLY					
P21 - DermaFrost (Sali- cylic)	√		√	√	
EK22 - Zymase	√		√	√	
EK23 - Cocoa	√	√			
EK24 - Raspberry	√	√			
SWK04 - SWiCH™	√			√	



VITAMIN VEIL CLEANSER Ph 4.5

Skin Type: Dry, Sensitive, Mature, Aging and Environmentally Damaged

Properties: A non-foaming, lipid-based cleanser that nourishes and soothes.

- ◆ Non-irritating, fast, thorough cleanser for all skin types.
- ◆ Gently and effectively removes dirt, debris, and lipids without breaking the skin barrier or denaturing the keratin.
- ◆ Removes makeup immediately. Quick and gentle remover for heavy mascara users.
- ◆ Leaves a thin veil of antioxidant protection on the skin.
- ◆ Facilitates the penetration of Circadia Plus by conditioning the cell matrix.
- ◆ Leaves skin soft and glowing.
- ◆ Soothing and comfortable for patients undergoing chemotherapy, post laser resurfacing.

Feature Ingredients

Soybean (*Glycine soja*) oil

Vitamin E acetate

OPC: Oligomeric Proanthocyanidins

Known Benefits

Emollient and emulsifying. A special heat-process is used to manifest several components not normally active in soybean oil.

Ester form of vitamin E, an antioxidant to counteract peroxidation compounds

Special complex with highly anti-inflammatory and antioxidant properties

Ingredients: Soybean Oil (Glycine Soya), Isopropyl Palmitate, Tocopherol (Vitamin E Acetate), Propylparaben, Fragrance, BHT, OPC CLR01

Professional Use

Apply a few drops to moistened cotton pad and remove eye makeup. Always swipe away from the eyes. Continue by applying a small amount on fingertips to face and neck cleansing in a circular motion. Rinse thoroughly with warm moistened 4 x 4s.

Home Use

Use in evening. To remove eye makeup: Apply small amount to moistened cotton pad and swipe eye area clean of debris. Proceed to apply a small amount with fingertips to entire face and neck. Cleanse in a circular motion and rinse with warm facecloth. May be used as an all-over body wash to help add emollients to dry skin. Do once a week.

Presentation

8 oz/236mL retail plastic round

16 oz/472 ml professional plastic round



LIPID REPLACING CLEANSING GEL, pH 6.9

Skin Type: All

Properties: A non-irritating, low-foaming clear gel cleanser with a slightly acid pH.

- ◆ Gently and effectively removes dirt, debris, and lipids without breaking the skin barrier or denaturing the keratin.
- ◆ Removes makeup.
- ◆ Leaves skin soft and non-irritated.

Feature Ingredients

Sodium Laureth Sulfate
Potassium C12-C13 Monoalkyl
Phosphate/Polysorbate 60
Disodium Lauroamphodiacetate
Phospholipid EFA (essential fatty acid)

Linoleic Esters (patented Hepes complex)
Panthenol (Provitamin B5)
Allantoin

Known Benefits

Foaming and surfactant agent
Non-irritating cleansing agent

Special non-drying surfactant;
restores any fatty acids removed in the cleansing
process
Anti-inflammatory, analgesic
Regenerative, soothing
Anti-irritant, repairs

Ingredients: Deionized Water, Sodium Laureth Sulfate, Potassium C12-13 Monoalkyl Phosphate/Polysorbate 60, Potassium C12-13 Monoalkyl Phosphate, Disodium Lauroamphodiacetate, Citric Acid, Linoleamidopropyl PG-Dimonium Chloride Phosphate, Hepes Acetate, Propylene glycol, Panthenol, Diazolidinyl Urea, Allantoin, Sodium Chloride, Methylparaben, Octoxynol 9, Fragrance, Propylparaben

Professional Use

Remove eye makeup with *Vitamin Veil Cleanser*.

Face and neck: Continue to apply small amount of *Lipid Replacing Cleansing Gel* with moistened fingertips. Cleanse in a circular motion adding more water if needed. Rinse thoroughly with warm moistened 4x4s.

Home Use

Use in morning. Apply a small amount with fingertips to entire face and neck. Lather and cleanse in a circular motion. Add water as needed. Thoroughly rinse with lukewarm water.

Presentation

8oz/236ml retail plastic round
16oz/472 ml professional plastic round
Code #: CLR02



CLEANSING GEL WITH SALICYLIC ACID pH 4.0

Skin Type: Acne or acne-prone

Properties: A clear gel foamy cleanser with antiseptic action.

- ◆ Gentle enough to be used in a daily routine.
- ◆ Reduces sebum without disturbing the protective lipid barrier.
- ◆ Permits deep cleansing of dry skin and keratin plugs in the sebaceous follicle.
- ◆ Helps prevent keratin plugs.
- ◆ Has germicidal action that retards bacteria, reducing the formation of pustules.

Feature Ingredients

Salicylic acid (2%)

Sodium C-14-C-16 Olefin Sulfonate
Milkamidopropyl betaine

Linoleic Esters (patented complex)

Known Benefits

A beta hydroxy acid with keratolytic and germicidal effects

Gentle, effective surfactant

Betaines are a group of surfactants known for their gentle action. The addition of milk proteins allows greater skin compatibility

Anti-inflammatory, analgesic

Ingredients: Active Ingredients: Salicylic Acid – 2%

Other Ingredients: Deionized Water (Aqua), Sodium C14-16 Olefin Sulfonate, Milkamidopropyl Betaine, Linoleamidopropyl PG-Dimonium Chloride Phosphate, Sodium Chloride, HEPES Acetate, Panthenol, Octoxyol-9, Fragrance, Methylchlorisothiazolinone/Methylisothiazolinone CL-15

Professional use

Apply small amount to face and neck with moistened fingertips. Avoid eye area. Gently cleanse in a circular motion, adding more water as needed. Rinse thoroughly with warm moistened 4 x 4s.

Home Use

Apply a small amount with moistened fingertips to face and neck. Avoid eye area.

Lather in circular motion adding water as needed. Thoroughly rinse with lukewarm water.

Pat dry.

Presentation

8oz/236ml retail plastic round

16oz/472 ml professional plastic round



Post Peel Lotion pH 6.5

Skin Type: Sensitive, irritated, sunburned, razor-burned, diaper rash, runner's chafing

Properties: A rich, velvety textured lotion that is anti-inflammatory and restorative to skin tissue.

- ◆ Absorbs quickly, speeding relief to tissues compromised by peels, surgery, razor, outdoor exposure to sun or insect bites.
- ◆ Clinical studies demonstrate cellular improvement of UV-damaged skin.
- ◆ Soothing after microdermabrasion or a peel.
- ◆ Use post waxing.

Feature Ingredients

Linoleic Esters (patented Heses complex)
Glycerin
Panthenol (Provitamin B5)
Bisabolol
Beta glucan

Known Benefits

Anti-inflammatory, analgesic
Emollient, soothing
Regenerative, soothing
Anti-inflammatory, regenerative, antimicrobial
Immune stimulant, activates natural repair system

Ingredients: Deionized Water, PPG-15 Stearyl Ether, Linoleic Esters, Squalane, Glycerin, Carbomer, Methylchloroisothiazolinone, Panthenol, Allantoin, Guar Hydroxypropyltrimonium Chloride, Propylene Glycol, Diazolidinyl Urea, Methylparaben, Alpha Bisabolol, Beta Glucan, Tetrasodium EDTA, Fragrance, Propylparaben
CM05

Professional use

Apply small amount after a peel, microdermabrasion, or waxing.

Home Use

Apply generously to first sign of redness or sensation of discomfort. Use as needed.

Presentation

Retail: 4oz/118mL plastic round
Professional: 8oz/236mL plastic round



LIGHT DAY CREAM SPF-15 pH 6.3

Skin Type: All except acneic

Properties: A rich, velvety textured lotion that is hydrating, brightening and protective.

- ◆ Gentle, all-day UV protection.
- ◆ Post microdermabrasion or peel.
- ◆ Clinical studies demonstrate cellular improvement of UV-damaged skin.
- ◆ Use post waxing.

Feature Ingredients

Octyl Methoxycinnamate
Octyl Salicylate
Butyl Methoxydibenzoylmethane
Titanium Dioxide
Linoleic Esters (patented Hepes complex)
Allantoin
Oat protein (*Avena sativa*)
Allantoin
Panthenol (Provitamin B5)

Known Benefits

UVB screen
UVB screen
UVA screen (Parsol 1789)
UVA/B screen
Anti-inflammatory, antioxidant, anti-irritant
Emollient, humectant
Antioxidant, anti-irritant
Soothing, anti-irritant
Regenerative, soothing

Active Ingredients: Octyl Methoxycinnamate (4.5%), Octyl Salicylate (3.0%), Butyl Methoxydibenzoylmethane, (1.5%), Titanium Dioxide (0.5%)

Other Ingredients: Deionized Water, C12-C15 Alkyl Benzoate, Linoleic Ester, Butyl Methoxydibenzoylmethane, Phenyl Trimethicone, Avena Sativa (Oat Protein), Phenoxyethanol, Allantoin, Panthenol, Carbomer, Sorbitan Oleate, Acrylates/C10-C30 Alkyl Acrylate Crosspolymer, Methylparaben, Ethylparaben, Propylparaben, Butylparaben, Tetrasodium EDTA, Fragrance CM07

Professional use

Apply at end of facial.

Home Use

Apply on clean skin as a moisturizer prior to makeup.

Presentation

Retail: 2oz/14ml plastic round

Professional: 1 oz/29 ml plastic round



LIGHT DAY CREAM SPF-30 pH 6.3

Skin Type: All except acneic

Properties: A rich, velvety textured lotion that is hydrating, brightening and protective.

- ◆ Gentle, all-day UV protection.
- ◆ Contains time-released agent controlling the delivery of targeted ingredients.
- ◆ Clinical studies demonstrate cellular improvement of UV-damaged skin.
- ◆ Post microdermabrasion, peel, and post waxing.

Feature Ingredients

Octyl Methoxycinnamate
Octyl Salicylate
Butyl Methoxydibenzoylmethane
Titanium Dioxide
Linoleic Esters (patented Hepes complex)
Glycerin
Avena sativa (Oat protein)
Ascorbyl palmitate
Allantoin
Lentinula edodes (Shitake Mushroom)

Known Benefits

UVB screen
UVB screen
UVA screen (Parsol 1789)
UVA/B screen
Anti-inflammatory, analgesic
Emollient, humectant
Powerful antioxidant, anti-irritant
Antioxidant
Soothing, anti-irritant
Immune booster

Active Ingredients: Octyl Methoxycinnamate (6.5%), Octyl Salicylate (4.0%), Butyl Methoxydibenzoylmethane, (2.5%), Titanium Dioxide (2.0%)

Other Ingredients: Deionized Water, C12-15 Alkyl Benzoate, Butyl Methoxydibenzoylmethane, Glycerin, Linoleic Ester, Titanium Dioxide, Avena Sativa (Oat Protein), Carbomer, Sorbitan Oleate, Acrylates/C10-C30 Alkyl Acrylate Crosspolymer, Methylparaben, Ethylparaben, Propylparaben, Ascorbyl Palmitate, Disodium EDTA, Allantoin, Lentinula Edodes (Shitake Mushroom) Extract CR08

Professional use

Apply as a moisturizer and sunscreen at end of facial.

Home Use

Apply as a moisturizer and sunscreen on clean skin before makeup.

Presentation

Retail: 2oz/59mL retail plastic round

Professional: 4oz/118mL plastic round



DAYTIME CONTROL pH 6.3

Skin Type: Acneic/problematic

Properties: A rich, velvety textured lotion with special anti-inflammatory, antimicrobial agents and UV protection.

- ◆ A complex of gentle yet highly functional ingredients to soothe while controlling pimples.
- ◆ Works all day to control sebum.
- ◆ Benzoyl peroxide, a powerful germicide, helps clear the sebaceous follicle.
- ◆ Exfoliating action sloughs away blackheads, reducing bacteria responsible for inflammation.

Feature Ingredients

Octyl Methoxycinnamate
Butyl Methoxydibenzoylmethane
Benzoyl Peroxide
Oenothera biennis (Evening Primrose)

Linoleic Esters (patented Heses complex)
Tocopherol (vitamin E)
Allantoin

Known Benefits

UVB screen
UVA screen
Antibacterial, exfoliating
Gamma linoleic acid supports skin barrier function;
hydrating, anti-inflammatory
Anti-inflammatory, analgesic
Antioxidant, moisturizing
Soothing

Ingredients: Deionized Water (Aqua), Hexyldecanol, Methyl Propanediol, Ethoxydiglycol, Benzoyl Peroxide 2.5%, Cetearyl Alcohol and Ceteath-20, Glyceryl Stearate and PEG-100 Stearate, Linoleic Ester, Octyl Methoxycinnamate, Cyclomethicone and dimethiconol, Propylene Glycol, Diazolidinyl Urea, Methylparaben, Propylparaben, Butyl Methoxydibenzoylmethane, Evening Primrose (*Oenothera biennis*) Oil, Vitamin E Acetate, Allantoin

Professional use

Apply at end of facial as a moisturizer

Home Use

Apply as a moisturizer and before makeup.

Presentation

Retail: 2oz/59mL retail plastic round
Professional: 4oz/118mL plastic round
Product Code: CM16



NIGHT TIME CONTROL LOTION pH

Skin Type: Acneic and problematic

Properties: A light, velvety lotion containing anti-inflammatory, keratolytic and germicidal agents

- ◆ Works synergistically to combat the cause of acne.
- ◆ Contains established acne treatment ingredients in compliance with FDA monographs.
- ◆ Concentration of natural botanical extracts enhances performance of OTC ingredients.
- ◆ Helps control breakout and follicle congestion.

Feature Ingredients

Benzoyl peroxide (5%)

Oenothera biennis (Evening Primrose)

Linoleic Esters (patented Hepes complex)

Tocopherol (vitamin E acetate)

Known Benefits

Antibacterial, exfoliating

Gamma linoleic acid supports skin barrier function, hydrating, anti-inflammatory

Anti-inflammatory, analgesic, protease inhibitor

Antioxidant

Ingredients Deionized Water (Aqua), Benzoyl Peroxide 5.0%, Hexyldecanol, Ethoxydiglycol, Methyl Propanediol, Cetearyl Alcohol and Ceteath-20, Glyceryl Stearate and PEG-100 Stearate, Linoleic Ester, Cyclomethicone and dimethiconol, Propylene Glycol, Diazolidinyl Urea, Methylparaben, Propylparaben, Evening Primrose Oil (*Oenothera biennis*), Vitamin E Acetate, Allantoin

Professional use

Apply as a moisturizer at end of facial.

Home Use

Use at night: Beginning at forehead, apply small amount to entire face and neck. Treat individual eruptions with *Spot Stop*.

Presentation

Retail: 2oz/59mL plastic round

Professional: 4oz/118mL plastic round

Product Code: CM17



CIRCADIA NIGHT TIME REPAIR pH 6.0

Skin Type: Under 35 years old

Properties: A rich, velvety cream containing a metabolic stimulating complex that works with the skin's natural nighttime repair cycle.

- ◆ Increases cell turnover and rejuvenates skin cells.
- ◆ Increases skin strength and elasticity by activating natural repair system.
- ◆ Improves texture and tone rendering skin feeling softer and resilient. Enhances the skin's radiance and helps maintain a youthful appearance.
- ◆ Time-released delivery system allowing maximum delivery of anti-aging ingredients.

Feature Ingredients

Simmondsia chinensis (Jojoba Oil)
Avena sativa (Oat Protein)
Phospholipids & Sphingolipids
Cholesterol
OPC: Oligomeric Proanthocyanidins

Linoleic Ester (patented Hepes complex)
Retinol (vitamin A)
Tocopherol (vitamin E Acetate)
Vitamin A

Known Benefits

Emollient, moisturizing
Powerful antioxidant, anti-irritant
Helps restore barrier function
Helps restore barrier function
Special complex highly anti-inflammatory, antioxidants, protease inhibitors
Anti-inflammatory, antioxidant, anti-irritant
Regenerative, reparative
Antioxidant, moisturizing
Regenerative, antioxidant

Ingredients: Deionized Water, Glyceryl Stearate, PEG-100 Stearate, *Simmondsia Chinensis* (Jojoba) Seed Oil, Ethoxydiglycol, C12-15 Alkyl Benzoate, Cetyl Alcohol, Saccharide Isomerate, *Avena Sativa* (Oat Protein), Glycerin, Dimethicone, Propylene Glycol, Oligomeric Proanthocyanidins, Polysaccharides, Linoleic Ester, Diazolidinyl Urea, Carbomer, Titanium Dioxide, Vitamin E Acetate, dl-Tocopherol, Vitamin A Acetate, Methylparaben, Tetrasodium EDTA, Ascorbyl Palmitate, Butylated Hydroxytoluene, Propylparaben, Genistein, Beta Glucan CM09

Professional use

Apply at end of facial.

Home Use

Use at night between 9 PM and 10-midnight: Beginning at forehead, apply small amount on clean skin to face and neck.

Presentation

Retail: 2oz/59mL retail plastic round
Professional: 4oz/118mL plastic round



CIRCADIA PLUS NIGHT TIME REPAIR pH 6.0

Skin Type: 35 and beyond

Properties: A rich, velvety cream containing a metabolic stimulating complex that works with the skin's natural nighttime repair cycle.

- ◆ Increases cell turnover and rejuvenates skin cells.
- ◆ Increases skin strength and elasticity by activating natural repair system.
- ◆ Improves texture and tone rendering skin feeling softer and resilient. Enhances the skin's radiance and helps maintain a youthful appearance.
- ◆ Time-released delivery system allowing maximum delivery of anti-aging ingredients.

Feature Ingredients

Simmondsia chinensis (Jojoba Oil)
Avena sativa (Oat Protein)
Lipoic acid

OPC: Oligomeric Proanthocyanidins
Linoleic Ester (patented Hepes complex)

Retinol (vitamin A)
Tocopherol (vitamin E acetate)
Ascorbyl Palmitate (vitamin C)
Polypeptide 5
Beta glucan

Known Benefits

Emollient, moisturizing
Powerful antioxidant, anti-irritant
Essential for glucose and fat metabolic processes; regenerative
Anti-inflammatory, antioxidant, protease inhibitor
Anti-inflammatory, analgesic, protease inhibitor
Inhibitor
Regenerative, reparative, structural support
Antioxidant, regenerative
Stabilizes E, antioxidant
Moisturizing
Immune stimulant, activates natural repair system

Ingredients: Deionized Water, Glyceryl Stearate, PEG-100 Stearate, C12-15 Alkyl Benzoate, Isopropyl Palmitate, Saccharide Isomerate, *Simmondsia Chinensis* (Jojoba) Seed Oil, Cetyl Alcohol, Steareth 10, *Avena Sativa* (Oat Protein), Dimethicone, Propylene Glycol, Lipoic Acid, L-Tyrosine, Oligomeric Proanthocyanidins, Linoleic Ester, Vitamin A Acetate, Tocopherol (Vitamin E Acetate), Diazolidinyl Urea, dl-Tocopherol, Tetrasodium EDTA, Ascorbyl Palmitate (vitamin C), Ursolic Acid, Genistein, Polypeptide 5, Beta Glucan, Fragrance, Methylparaben, Propylparaben, Diazolidinyl Urea

Professional use

Apply over face, neck and décolleté at end of facial.

Home Use

Use at night: Beginning at forehead, apply small amount to entire face and neck.

Presentation

Retail: 2oz/59mL plastic round
Professional: 4oz/118mL plastic round



ROSACEA Rx pH 7.3

Skin Type: Sensitive and rosacea

Properties: A lightweight, velvety cream that contains calming and antimicrobial properties

- ◆ Contains anti-inflammatory, hydrating, soothing and healing agents
- ◆ Contains powerful botanicals to help kill the Demodex mite
- ◆ Contains botanicals to support skin barrier function and moisture

Feature Ingredients

Linoleic Esters (patented Heses complex)

Oenothera biennis (Evening Primrose)

Rosemary (*Rosmarinus chinensis*)

Known Benefits

Anti-inflammatory, analgesic, protease Inhibitor

Gamma linoleic acid supports skin barrier function, hydrating, anti-inflammatory

Antimicrobial, anti-inflammatory

Ingredients: Deionized Water, Linoleic Ester, *Rosmarinus Chinensis* (Rosemary) Oil, *Oenothera Biennis* (Evening Primrose) Oil, Phenoxyethanol, Carbomer, Propylene Glycol, Diazolidinyl Urea, Methylparaben, Ursolic Acid, Propylparaben

Professional use

Apply at end of facial before sunscreen

Home Use

Apply on clean skin twice daily.

Presentation

Retail: 2 oz / 59 ml jar

Professional: 4 oz/118 ml plastic round



Hydrating Crème

Skin Type: Dry, mature, sensitive, post surgery

Properties: A nourishing hydrating cream that adds extra moisture, powerful antioxidants and regenerative ingredients to the skin.

- ◆ Contains natural oils for their emollient, regenerative and soothing properties
- ◆ Boosts moisture, protecting from transepidermal water loss (TEWL)
- ◆ Contains special collagenase inhibitors
- ◆ Contains special collagen metabolic stimulators

Feature Ingredients

Avocado Oil (*Persea gratissima*)
Olive (*Olea Europoea*) Oil
Macadamia Ternifolia Nut Oil
Panthenol (Provitamin B5)
Linoleic Esters (patented Heses complex)
OPC
Vitamin E

Known Benefits

Softening and soothes
Emollient, anti-bacterial, collagen stimulating
Contains palmitoleic acid beneficial dry skin
Regenerative, soothing
Anti-inflammatory, analgesic
Antioxidant, collagen stimulator
Regenerative, antioxidant

Ingredients: Deionized Water (Aqua), Hydrogenated Polyisobutene, Cetearyl Alcohol and Ceteareth 20, Glycerin, Avocado (*Persea Gratissima*) Oil, Avocado (*Persea Gratissima*) Extract, Olive (*Olea Europoea*) Oil, OPC, Stearyl Alcohol, Macadamia Ternifolia Nut Oil, Phenyl Trimethicone, Propylene Glycol, Phenyl Trimethicone, Heses Linoleate, Phenoxyethanol, Soybean (*Glycine Soja*), Diazolidinyl Urea, dl-Panthenol, Benzyl Alcohol, Acrylates/C10-C30 Alkyl Acrylate Crosspolymer, Methylparaben, and Propylparaben, Tocopheryl Acetate.

Professional use

Apply at end of facial.

Home Use

Apply as a moisture boost with moisturizer.

Presentation

Retail: 2 oz/59

Professional: 8 oz/236 ml

Code #: CM26



EMERGENCY EYE LIFT pH 7.2

Skin Type: All

Properties: A clear gel with tightening and firming properties.

- ◆ Clinically tested.
- ◆ Improves eye appearance by helping to reduce fine lines in minutes.
- ◆ Provides an immediate tightening and quick lift. Lasts about three hours.
- ◆ Helps reduce puffiness.
- ◆ Compatible with other treatment products.

Feature Ingredients

Sodium Hyaluronate
Galactomannanes
Panthenol (Provitamin B5)

Known Benefits

Binds moisture and soothes
Humectant, hydrating
Regenerative, soothing

Ingredients: Sodium Hyaluronate, Deionized Water (Aqua), Galactomannanes, dl-panthenol, Propylene Glycol, Diazolidinyl Urea, Methylparaben, Propylparaben C03

Professional use

May be placed a little thicker and use as an eye masque during facial. Cover with moistened eye pads.

Home Use

Using little finger, dispense one to two drops and smooth under eye, around crow's feet and onto eyelid area. Wait until product has absorbed before applying makeup

Presentation

Retail - 0.5 oz/14mL glass dropper bottle
Professional - 1oz/29mL plastic round



VITAMIN C REVERSAL SERUM pH 7.8

Skin Type: All

Properties: A clear viscous gel with tightening and antioxidant properties.

- ◆ Biologically active vitamin C that inhibits the breakdown of collagen.
- ◆ Helps restore firmness to skin; softens fine lines and wrinkles.
- ◆ Compatible with other treatment products.

Feature Ingredients

Sodium Hyaluronate
Magnesium Ascorbyl Phosphate (Vitamin C)
Panthenol (Provitamin B5)
Theophylline

Known Benefits

Binds moisture and soothes
Antioxidant, firming, smoothing
Regenerative, soothing
Firming

Ingredients: Sodium Hyaluronate, Aqua (Deionized Water), Magnesium L-Ascorbyl-2-Phosphate, Propylene Glycol, dl-Panthenol, Diazolidinyl Urea, Theophylline Acetate, Methylparaben, Triethanolamine, Propylparaben C04

Professional Use

Apply small amount to face and neck area at end of facial.

Home Use

Apply small amount to face and neck prior to day and/or night moisturizer.

Presentation

Retail - 0.5 oz/14mL glass dropper bottle
Professional - 1oz/29mL plastic round



Moisture on Demand pH 6.3

Skin Type: All

Properties: A lightweight, velvety cream that provides extra hydration that adjusts to climatic conditions.

- ◆ Contains a naturally-derived carbohydrate complex to provide climatically-controlled optimum moisture
- ◆ Boosts moisture, protecting from transepidermal water loss (TEWL)
- ◆ May be used as a companion product for both daytime and nighttime repair

Feature Ingredients

Phospholipids-sphingolipids
Jojoba (*Buxus chinensis*) oil
Oat protein (*Avena sativa*)
Panthenol (Provitamin B5)
Linoleic Esters (patented Hepes complex)
Chitosan Lactate
OPC
Vitamin E

Known Benefits

Moisturizing, emollient
Emollient, lubricating
Emollient, regenerative
Regenerative, soothing
Anti-inflammatory, analgesic
Anti-inflammatant
Powerful antioxidant, collagenase inhibitor
Regenerative, antioxidant

Ingredients: Deionized Water, Glyceryl Stearate and PEG-100 Stearate, Saccharide Isomerate, C12-15 Alkyl Benzoate, Cetyl Alcohol, Hydrogenated Polysorbutane, Steareth 20, Phospholipids-Sphingolipids, Buxus Chinensis (Jojoba) Seed Oil, Dimethicone, Avena Sativa (Oat Protein), Panthenol, Butylene Glycol, Chitosan Lactate, Linoleic Esters, Phenoxyethanol, OPC Ester, Diazolidinyl Urea, Tetrasodium EDTA, Vitamin E Acetate, Methylparaben, Propylparaben, Fragrance C11

Professional use

Apply at end of facial for a moisture-boost prior to moisturizer and sunscreen.

Home Use

Apply as a moisture boost with moisturizer.

Presentation

Retail: .05 fl oz /

Professional: 2oz/118mL plastic round



SPOT STOP pH __

Skin Type: All

Properties: A clear light gel that is germicidal, anti-inflammatory and soothing.

- ◆ Fast, intensive treatment for pimples.
- ◆ Helps prevent full eruption for chronic acne or the occasional breakout.
- ◆ Reduces redness and helps control inflammation and painful swelling.
- ◆ Provides germicidal action and accelerates healing.

Feature Ingredients

Known Benefits

Linoleic Esters (patented Hesper complex)

Anti-inflammatory, analgesic, protease inhibitor

Bisabolol

Anti-inflammatory, regenerative, antimicrobial

Ingredients: Deionized Water (Aqua), Cetearyl Oclanoale, SD Alcohol, Linoleic Esters Salicylic Acid, Bisabolol, Polacrylamide and C13-14 Isoparaffin, Laureth-7 Phenoxyethanol, Panthenol, Tochoferol, Methyl Parabin, Propyl Parabin, Diazolidinyl Urea, Camphor

Professional use

Apply to lesions after extractions or at end of facial. Follow with care cream and sun block.

Home Use

Apply directly to spot at first sign of a pimple (redness, swelling or pain) and continue to reapply often. Apply to cotton swab and roll into affected area. May use over makeup. Apply after nighttime regimen to treat individual lesions.

Presentation

Retail: .5oz/14mL plastic round



WHITE VEIL LIGHTENER pH 3.5

Skin Type: Hyperpigmentation

Properties: A clear light lotion with ingredients that are tyrosinase inhibitors.

- ◆ Effective lightener that contains no acids or hydroquinone.
- ◆ Assays indicated 90% effectiveness.
- ◆ Does not promote free radical activity.
- ◆ Safely and effectively reduces pigmentation on the face and hands.

Feature Ingredients

Phytic acid
Ursolic Acid
Oat protein (*Avena sativa*)
OPC: Oligomeric Proanthocyanidins
Gotu Kola (*Centella asiatica*)
Vitamin A
Tocopherol (Vitamin E)
Genistein

Known Benefits

Tyrosinase inhibitor
Tyrosinase inhibitor
Powerful antioxidant, anti-irritant
Anti-inflammatory, antioxidant, protease inhibitor
Regenerative
Regenerative, antioxidant
Regenerative, antioxidant
Protein from soy

Ingredients: (Deionized Water), Glyceryl Stearate and PEG 100 Stearate, Phytic Acid, Lactic Acid, Octyl Salicylate, C12-15 Alkyl Benzoate, Benzophenone 3, Steareth 20, Poly Acrylamide and C13-14 Isoparaffin and Laureth-7, Cetyl Alcohol, Gotu Kola, Ursolic Acid, Phenoxyethanol, Dimethicone, Oat Protein, Propylene Glycol, OPC, Vitamin A Acetate, dl-Tocopherol, Genistein, Diazolidinyl Urea, Ascorbyl Palmitate, L-Tyrosine, Disodium EDTA, Methylparaben, Propylparaben
C19

Professional use

Place a few drops on face and/or pigmented areas prior to moisturizer and sun block.

Home Use

Apply to pigmented areas on face and/or hands on clean skin. Apply after the Vitamin C Reversal Serum and before the moisturizer.

Presentation

Retail: 2 fl. oz. Plastic round
Professional: 8 fl. oz plastic round



FIRMING AND SHAPING GEL

Skin Type: For cellulite

Properties: A light cool gel containing ingredients to smooth the uneven appearance of cellulite.

- ◆ Scientifically proven to reduce appearance of cellulite on thighs and buttocks
- ◆ Noticeably smoothes and firms, improves skin tone and texture
- ◆ Fast absorbing gel with natural fresh fragrance
- ◆ Excellent companion product for in-clinic treatment with body wraps

Feature Ingredients

Theophylline
Algsium

Aesculus hippocastanum (Horse Chestnut)

L-carnitine

Mentha sp. (Wild Mint)

Known Benefits

Increases utilization of fatty tissues
Seaweed product used as binding and releasing agent

Contains escin beneficial to circulation

Helps metabolize fat

Stimulating, refreshing

Ingredients: Aqua (Deionized Water), Theo C, SD39C Alcohol, Algsium C, Coleus, Aesculus Hippocastanum (Horsechestnut), Germaben II, Carbopol 981, TEA, Genistein, L-Carnitine, Tween80, EDTA, Cornmint Oil

Professional use

Use in a program of cellulite treatments. Apply prior to wrapping.

Home Use

Dispense a generous amount into hands and briskly massage into entire thigh and buttock area.

Maximum results achieved when performed twice daily. Apply in morning one hour before breakfast.

Apply 30-minutes before retiring. Allow two hours after eating. Effectiveness greatly enhanced when used before exercise.

Presentation

Retail: 8oz/236mL plastic round

Professional: 32oz/944mL plastic round



Zymase Professional Use Only

Skin Type: For most

Properties: Bromelain and papain dissolve cysteine protease and trypsin dissolves serine protease.

- ◆ Removes keratin buildup and helps brighten and clarify
- ◆ Use on dry calloused hands, feet, knees or elbow
- ◆ Acne skin with pustules and macules (calms and softens)
- ◆ Back treatment

Feature Ingredients

Bromelain
Papain
Trypsin

Known Benefits

Dissolves keratin, anti-inflammatory
Dissolves keratin
Dissolves keratin

Powder Ingredients: Carragenen, Bromelain, Papain, Modified Cornstarch, Monoglyceride, Trypsin, Avena Sativa (Oat Protein), Sodium Phosphate Dibasic, Polysorbate 20, Fragrance, Calcium Carbonate, L-Cysteine EK22a

Activator Ingredients: Deionized Water (Aqua), Sweet Orange (*Citrus aurantium*), Propylene Glycol, Diazolidinyl Urea, Methylparaben, Propylparaben
EK22b

Professional use

Thoroughly mix one part powder to three parts activator. Use during the cleansing phase of the facial to soften comedones and deeply clean the skin.

Presentation

4 oz/ grams

Code #: EAK22a

Activator 8 fl oz/ 236 ml

Code #:EAK22b



Chocolate Enzyme

Professional Use Only

Skin Type: Sensitive

Properties: A light powder containing bromelain and papain dissolve cystein protease and trypsin dissolves serine protease.

- ◆ Removes keratin buildup and helps brighten and clarify
- ◆ Use on dry calloused hands, feet, knees or elbow
- ◆ Acne skin with pustules and macules (calms and softens)
- ◆ Back treatment

Feature Ingredients

Bromelain
Papain
Trypsin
Cocoa

Known Benefits

Dissolves cystein protease , anti-inflammatory
Dissolves sulphhydroxyl protein group
Dissolves keratin
Vaso constrictor

Powder Ingredients: Carragenen, Bromelain, Papain, Modified Cornstarch, Monoglyceride, Cocoa, Monoglyceride, Trypsin, Sodium Phosphate Dibasic, Calcium Carbonate, L-Cysteine **EK23**

Activator: Deionized Water, Glycerin, Germaben II, Chocolate

Professional use

Mix one part powder to three parts activator. Apply to face and neck and time for 10-15 minutes. Use during the cleansing phase of the facial to soften comedones and deeply cleans the skin.

Presentation

4 oz/ grams

Activator

8 fl oz/ 236 ml



Raspberry Enzyme

Professional Use Only

Skin Type: Sensitive, aged, wrinkled

Properties: A light powder containing bromelain and papain dissolve cysteine protease and trypsin dissolves serine protease.

- ◆ Removes keratin buildup and helps brighten and clarify
- ◆ Use on dry calloused hands, feet, knees or elbow
- ◆ Acne skin with pustules and macules (calms and softens)
- ◆ Back treatment

Feature Ingredients

Bromelain
Papain
Trypsin
Raspberry

Known Benefits

Dissolves cysteine protease, anti-inflammatory
Dissolves sulphhydroxyl protein group
Dissolves keratin
Anti-inflammatory,

Powder Ingredients: Carragenen, Bromelain, Papain, Modified Cornstarch, Raspberry Extract, Monoglyceride, Monoglyceride, Trypsin, Sodium Phosphate Dibasic, Calcium Carbonate, L-Cystein EK24a

Activator: Deionized Water, Propylene Glycol, Octoxynol-9, Diazolidinyl Urea, Fragrance, Methylparaben, Propylparaben EK24b

Professional use

Mix one part powder to three parts activator. Apply to face and neck and time for 10-15 minutes. Use during the cleansing phase of the facial to soften comedones and deeply cleans the skin.

Presentation

4 oz/ grams

Activator

8 fl oz/ 236 ml



Vitagè

Description: An anti-aging supplement

Vitagè is an affective anti-aging supplement with a synergy of ingredients that have been clinically found to be very supportive to the aging body. In aging the skin loses its ability to remain firm and moist due to changes in the cells responsible for making collagen and elastin. Our ability to hold moisture diminishes with alterations in the skin's barrier function. Additionally, hyaluronic acid, which is responsible for binding moisture, decreases resulting in stiff joints and dry eyes. Newer research has found that immune boosters, anti-inflammatory agents and antioxidants are very beneficial anti-aging ingredients. Vitagè has shown some of the following benefits.

- Helps improve cell turnover and skin elasticity
- Helps with the quality of the hair and nails
- Supportive in the production of epidermal growth factor
- Helps to support circulation
- Beneficial to aging joints
- Improvement in well-being

Performance Ingredients:

Sea Cucumber is a relative of the starfish and is actually a protein. Rich in mucopolysaccharides, fatty acids and chondroitins, it has been found to help boost elasticity. It is a staple in Asian food and used in health practices.

Chondroitin sulfate is marine-derived and is a polysaccharide containing glycosoaminoglycans, which are the building blocks of cartilage. Studies have found that it is very supportive in treating degenerative joint disease.

Beta glucan is a known immune booster and is hypothesized to simulate immune system activity by activating white blood cells to attack infections and tumors. The immune response is enhanced to fight against infections, viruses, bacteria, fungi and parasites. In laboratory studies, in vitro studies have confirmed that beta glucan stimulates the production of monocyte cytokines, which may help promote regression of certain tumors. It is a known wound healer and is an anti-inflammatant.

Ursolic acid is found in rosemary (*Rosmarinus officinalis*) and is high in antioxidant compounds. It has been found to facilitate collagen and elastin synthesis, restoring the overall health and function of photoaged skin as well as facilitate tissue repair.

Oligomeric Proanthocyanidins (OPC) is extracted from the bark of the *Pinus maritime* pine tree and the seeds of *Vitis vinifera* grapes producing a patented and highly efficacious source of OPC from France. It was first extracted over 50 years ago. In nature, OPC protects plants against oxidation, rancidity and aging. OPC is used extensively in human health products. Oligomeric Proanthocyanidins (OPC) have been found to be the most active free radical scavenging antioxidant known. They help protect against degenerative conditions and have been found to be very beneficial for circulatory problems. One of the greatest values of OPC is its ability to preserve and protect collagen and elastin, which are important structural constituents of the vascular wall, skin and connective tissues, including ligaments, tendons and others. Plants that are rich in Oligomeric Proanthocyanidins have been used for many years due to their very powerful healing effects.

Recommended dosage: Take one tablet twice daily

Presentation: 120 capsules



Appendix A

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GLOSSARY OF INGREDIENTS

***Aesculus hippocastanum* (Horse Chestnut):** Also known as Shavegrass; silica. A plant that is considered mildly diuretic, hemostyptic, and healing. Contains escin, which is beneficial to circulation. Native American and the Chinese have used it to accelerate the healing of bones and wounds. Considered to have strengthening and regenerating affect on connective tissue. In Germany, it is used to treat edema (fluid) conditions after trauma along with bacterial and inflammatory conditions.

Aminomethyl Propanol: Alcohol made from nitrogen compounds and mixes with water. Used as an emulsifying agent for cosmetic creams, lotions and hair sprays.

Allantoin: Soothing, non-irritating compound found in living tissue. Obtained primarily from various types of roots. Allantoin stimulates cell renewal and encourages cell regeneration, therefore a good wound healer. It is reported to be highly desensitizing, astringent, and contains hemostatic and expectorant properties.

Alcohol SD 40: Denatured ethyl alcohol. A member of a series of organic compounds containing a hydroxyl group (OH) and forming esters in reactions with organic acids. It can be antimicrobial, and also is used a formula stabilizer.

Ascorbyl Palmitate: Used to stabilize vitamin E and function as an essential component of collagen synthesis. Also used as a preservative and antioxidant preventing rancidity in cosmetics.

***Avena sativa* (Oat Protein) powder:** Beta glucan is obtained from oats. Oat protein is an antioxidant and renowned for stimulating collagen synthesis.

Properties include supporting the skin's moisture barrier, improvement of viscoelasticity, reduction of hyperpigmentation from photo damage, and promotes cellular turnover. In Circadia by Dr. Pugliese, oat protein powder is combined with other ingredients to control their release into the skin.

Benzoyl peroxide: A germicidal and exfoliating agent. Helps to control acne by killing bacteria (*P. acnes*).

Beta glucan: A complex polysaccharide derived from seeds or yeast. It is found in barley, oats and wheat but can also be made by genetic engineering. It is an immune stimulator that directly affects the immune system to help build collagen and elastin. See *Avena sativa*.

Beta hydroxy acid: An acid that exfoliates. See salicylic acid.

BHA (Butylated Hydroxy Toluene): A preservative with antioxidant capabilities. Don't confuse this with Beta Hydroxy acids (BHAs).

Biomadulan: An antioxidant and immune booster.

Bisabolol: Constituent found in true (German) chamomile. Also found in a myrrh-type resin obtained from African trees. Known for its bactericidal and fungicidal activities, pain-relieving, wound-healing, antispasmodic, anti-inflammatory and antimicrobial properties.

Butyl Methoxydibenzoylmethane: A UVA sunscreen.

C12-15 Alkyl Benzoate: An emulsifier normally used in sunscreens.

Camomile (chamomile) extract (Roman: *Anthemis nobilis*; German: *Matricaria*

***chamomilla*):** Anti-inflammatory and repairing, it is considered antimicrobial, soothing, antiseptic, purifying, refreshing and hypoallergenic. Has ability to neutralize skin irritations.

Carbomer: Cross-linked polymers used as thickening and suspending agents.

Cetyl Alcohol: An emollient, thickener, emulsifier.

Cholesterol: A moisturizer and emollient acting as strong emulsifier in water-in-oil systems. A fat-like substance found in plant and animal cells. Present in sebum, which is part of the secretion of the sebaceous gland.

***Coleus Forskolli* (Coleus extract):** A botanical with cleansing and soothing properties. A tropical plant, it has been used to relieve scorpion and centipede stings.

Diazolidinyl Urea: Broad-spectrum preservative that is safe and widely used in cosmetic formulation.

Dimethicone: A form of silicone used to give products lubricity and slip.

Disodium Lauroamphodiacetate: A very gentle, non-drying surfactant.

Evening Primrose: see *Oenothera biennis*

Sodium EDTA: A chelating agent that is a water-soluble compound. Chemically neutralizes metallic ions, which are introduced to filled products by unclean fingertips. Prevents growth of microorganisms.

Galactoarabinan (GA): A polysaccharide found in all plants. Studies have found it to assist in the reducing transepidermal wa-



ter loss through its film-forming activity. Helps to stabilize formulations. Appears to enhance immune activity helping to enhance Langerhans cell proliferation and cytokine production.

Glucomanurose: A humectant.

Glyceryl Monostearate: An emulsifier.

Glycerin: Sweet, viscous, hygroscopic alcohol that occurs naturally in the combined forms of glycerides. Helps stabilize formulas. A solvent, humectant and emollient.

Glyceryl Stearate: Mono-ester of glycerin and stearic acid. An emollient and emulsifier.

Glycine soja (Soybean oil): Pale yellow oil, obtained by pressing soybeans. Composed mostly of triglycerides of oleic, linoleic, linolenic and saturated acids. Highly compatible to the skin, an emollient, and a prime source of vitamin E. Effective against lipid peroxidation and the formation of free radicals. Circadia's oil is heat processed to activate several components not normally active in soybean oil.

Heapes linoleate: A new anti-inflammatory agent that contains Hepes, a buffering compound and linoleic acid. This ingredient helps control inflammation of many kinds that occur even as a result of natural metabolic functions. It prevents many of the end product reactions that occur with free radicals.

Hyaluronic acid: Present in human and animal connective tissue and belongs to the group of mucopolysaccharides. In formulation it renders a strong moisture-binding capability, helps smooth, and hydrate the skin.

Isopropyl Palmitate: An emollient and moisturizer derived from coconut oil.

L-Carnitine: A skin-conditioning agent to help metabolize fat. May be used to increase formulation viscosity.

Lentinula edodes (Shitake mushroom):

Linoleic Ester: Antioxidant and anti-inflammatory agent. Studies have found it to help reverse eczema, psoriasis and poor skin conditions. Linoleic acid is also known as vitamin F. A patented complex that helps reduce inflammation and calms disrupted skin.

Lipoic Acid: Essential for glucose and fat metabolic processes. Assists in regenerating reduced ascorbic acid.

Magnesium Ascorbyl Phosphate (MAP): Also known as MagC™, it is a highly stable derivative for vitamin C. When applied to the skin, it converts to L-ascorbic acid.

Melissa officinalis (Lemon balm): Obtained from the distilled Mediterranean plant and yellow flowers. Known properties include antiallergenic, antidepressant, antispasmodic, and sedative. Effective in wound healing.

Mentha piperita (Peppermint oil): Also known as Lemon Balm or Balm Mint, it is obtained from the dried leaves through distillation. A volatile oil known for its antiseptic, stomachic, stimulating and antispasmodic properties.

Methylparaben: A preservative. Contains broad-spectrum of antimicrobial activity and is considered non-irritating, nonsensitizing, and non-poisonous.

Methylsilanol Carboxymethyl Alginate:

Methylsilanol Manuronate: Increases skin suppleness and moisturization; aids in the reduction of cellulite.

Octyl Methoxycinnamate: UVB screen.

Octyl Salicylate: A salt of salicylic acid occurring in wintergreen leaves and other plants. A sun chemical that acts as a UVB screen, a preservative and an antimicrobial.

Oenothera biennis (Evening Primrose): Contains high amount of gamma linoleic acid, an essential fatty acid for normal functioning of the epithelial barrier membrane. Helps improve skin hydration and maintains the barrier function.

OPC Oligomeric Proanthocyanidins: Proanthocyanidins exist in many plants and are especially concentrated in ginkgo Biloba, grapes, and grape seeds. A powerful anti-oxidant, they also help act as protease inhibitors of certain enzymes, particularly proteases such as collagenase and lipase.

Panthenol (provitamin B5): Appears to stimulate cellular proliferation and aid in tissue repair. When applied to the skin, it converts to vitamin B5. Possibly helps to influence the skin's natural resources of pantothenic acid. It is nonirritating, nonsensitizing, moisturizing and conditioning. Promotes normal keratinization and wound healing.

Paraquay Tea: Contain xanthines that are effective lipolytic agents.

PEG-100 Stearate: A stabilizer and emulsifier.

Phenylephedrine: A vasoconstrictor that reduces redness.

Phospholipid EFA: Emollient and moisturizing. May be added to cleansers to help restore any fatty acids removed from the cleansing process.

Polypeptide-5: A protein.

Polysorbate 60: An emulsifier, and wetting agent.

Polysorbate 80: An oil-in-water emulsifier.

Potassium C12-C13 Monoalkyl Phosphate: Non-irritating cleansing agent.

Propylparaben: A preservative.

Pyruvate Acid: a molecular constituent generated from the



action of glycolysis during the generation of ATP in the cell. Pyruvate is converted into lactic acid.

Retinol (vitamin A): Considered a retinoid, retinol converts to retinoic acid once on the skin. It has less irritating and has greater penetration ability into the skin, which enhances its affect. Helps to condition the skin, and is considered necessary for epidermal cell growth and differentiation. It helps regulate collagen synthesis. See vitamin A.

Saccharide Isomearate: A humectant and skin conditioner. Considered a "climate-control" ingredient in moisturizers. It helps regulate at varied climatic conditions such as hot to cold, dry to wet.

Salicylic acid: A beta hydroxy acid, it is a fat-soluble component that is germicidal and anti-keratolytic. Obtained from willow bark, wintergreen leaves, sweet birch and other plants. Used as a strong antiseptic, analgesic and antirheumatic.

Silica: Inorganic oxide occurring in nature. Used in masques for its toning properties.

Simmondsia chinensis (Jojoba) seed oil: Expressed or extracted from the seeds of the desert shrub. Emollient ester with excellent spreading, lubricating and penetrating qualities. Used in pharmaceutical preparations to treat eczema, acne and dandruff. In cosmetics and hair care products, it is highly conditioning. Reported to fight cancer when consumed. Seeds are rich in protein. Unlike other oils, it is not a triglyceride fat.

Sodium Laureth Sulfate: A foaming and surfactant agent.

Sphingolipids: Considered ceramides precursors, they are fatty substances native to the stratum corneum. Lipids play a critical role in the water-holding ability of the skin.

Sodium C12-15 Pareth-15 Sulfonate: A non-irritating cleansing agent.

Sorbitan Oleate: A mild emulsifier.

Steareth-2: Emulsifier for water-in-oil formulations.

Theophylline Acetate: A metabolic stimulant, it is the ester form of theophylline.

Titanium dioxide: Sun block agent for both UVA and UVB.

Tocopherol: see vitamin E

Vitamin A: Designated as an epithelium-protecting factor, it regulates skin hornification, promotes cell regeneration, encourages mitosis (healthy growth and renewal of skin cells) and prevents atrophy in aging skin. Essential for proper formation of body tissue, especially the skin, mucous membranes, and anything that lines the inside or outside of the body. Deficiency leads to follicular hyperkeratosis (flakiness); keratin deposits in the follicles that appears as hard goosebumps.

Vitamin C: Necessary for proper formation of collagen, the primary constituent of bone, cartilage, and connective tissue. Important for growth and repair of tissue cells, gums, blood vessels, bones, teeth and for absorption of iron. When topically applied, it is a powerful antioxidant and protects the skin's immune system.

Vitamin E (Tocopherol): Vitamin E protects the linoleic fatty acids from oxidation making them active. Enhances elasticity of the connective tissue and is important for collagen metabolism in the epidermis. Improves cells' metabolism and increases skin's ability to hold moisture. Has a normalizing influence on the microcirculation. An antioxidant for premature aging, it develops a biochemical protective effect against free radicals. Has moisture-retention properties and smoothes the skin's surface.

Vitamin E Acetate: An ester form of vitamin E.



GLOSSARY OF TERMS

A

Aromatherapy - Ancient art of using scent to relieve physical symptoms (stress) or to accent feelings, i.e., peppermint invigorates. Plant-derived essential oils are used in treatment and therapy to enhance the beauty of the skin and body.

Artery - Blood vessel which carries blood to the heart.

Arthrosis - Name under which are designated degenerative chronic conditions of the articulation of line or juncture between the bones. Causes pain, cracking, deformation or impotency without deterioration of general conditions.

Asphyxiated skin - Impaired exchange of oxygen in the skin. Exchanges usually caused by excessive accumulation of keratin on skin surface, thus causing a dull, lifeless complexion. May be accompanied by numerous comedones and/or vesicles.

Asteatosis - Dry, scaly skin. Partial or absolute deficiency of lipids usually due to aging or bodily disorders. May be caused by alkalies found in soaps and washing powders.

Asthma - Term used to denote bronchial asthma; a condition of the lungs in which there is widespread narrowing of airways, varying over short periods of time either spontaneously or as a result of treatment, due in varying degrees to contraction (spasm) of smooth muscle, edema of the mucosa, and mucus in the lumen of the bronchi and bronchioles; these changes are caused by the local release of spasmogens and vasoactive substances in the course of an allergic process.

Astringent - Constricting action on the skin giving a tightening effect. Many botanicals provide an astringent effect due to the presence of tannins.

Atonic - Pertaining to the lack of tone such as seen in aging skin, and pre-mature aged skin due to photo damage.

B

Bacteria (Bacterium) - Microscopic unicellular plant lacking chlorophyll and fully defined nuclei. They occur in three main forms: Spherical (coccus), rod-shaped (bacillus), and spiral (spirilla). They occur in water, soil, organic matter or living bodies of plants and animals, being saprophytic (absorbing), parasitic (living in or on), and autotrophic in nutrition.

Barrier vehicle - A substance that allows the flow of product into the skin (through the cell structure of the epidermis) or through keratinized structure such as a fingernail or hair.

Basal lamina - Basement membrane.

Basal layer - Innermost layer of the epidermis; contains living and dividing cells.

Base - In chemistry, a substance which when dissolved in water, provides hydroxyl ions from its own molecules; a molecule or ion which can accept protons.

Basic Skin Care - Products that care for the needs of the skin on a day-to-day basis. Usually consists of a cleanser, freshener and moisturizer.

Benign - Mild form of illness as opposed to fatal or malignant.

Binder - Substance such as gum Arabic, gum tragacanth, glycerin and sorbitol that disperse, swell, absorb water, increase consistency and hold ingredients together.

Bioextract - Extracts prepared from animal tissues. Soluble collagen and hydrolyzed elastin are to examples.

Blood vessels - Network of tube-like vessels that supply nutrients and oxygen to the skin. Help regulate body temperature

by contracting and expanding the response to external stimuli.

Botanical - Extract derived from plants. Botanicals are single compounds that are sometimes used in combination for a more powerful affect. Natural plant extracts are indigenous to many cultures and have been utilized as remedies for inner and outer health. Therapeutic benefits are emphasized in numerous medicine remedies and beauty treatments.

Buffer - Usually a solution with a relatively constant acidity/alkalinity ratio used to lengthen the shelf life of the product and make it gentler on the complexion. A typical solution would be hydrochloric acid and sodium hydroxide.

C

CTFA - Cosmetic, Toiletries, Fragrances Association. An industry organization formed in order to self-regulate the industry rather than allow the FDA to step in and fill the regulatory vacuum with an abundance of forms and regulations.

Callous - Hard, tough area of skin created by friction.

Calor - Heat

Carbuncle - Large circumscribed inflammation of the subcutaneous tissue similar to a furuncle, but more extensive.

Carrier - Referring to a substance that dispenses the active ingredient in a product. Effects products spreadability, stability and time release of active ingredients. A liposome is an example of a carrier.

Cartilage - Connective tissue characterized by lack of blood vessels and is of soft consistency.

Catabolism - Breakdown of complex compounds into simpler ones.

Catalyst - A substance that accelerates or imitates a chemical reaction but remains unchanged while performing this task many



times. Wards ending in “ase” such as “tyrosinase” is an example of the enzyme that initiates the action of melanin production.

Cell membrane – B-layer of lipids and protein surrounding the cell.

Cellular surface cells or debris – Refers to the natural sloughing off of the stratum corneum (outer epidermis) and is expelled by all living cells.

Centistoke – Measure of viscosity (thickness).

Chapping – Having or pertaining to skin that is dry, scaly, and fissured (cracked) due to the action of cold or the excess rate of evaporation of moisture from the skin’s surface.

Chelating agent – Substance that causes a metal ion to react with a molecule to form a chelate, which is a stable, ring-like structure. Chelating agents are in the EDTA group; EDTA, Disodium EDTA, Trisodium EDTA, Tetrasodium EDTA and Disodium EDTA Copper. It is any compound that binds and precipitates metals such as Ethylenediamine Tetracetic acid (EDTA) that removes trace minerals.

Cheloids (keloids) – Nodular, frequently lobulated, firm, moveable, non-encapsulated often-linear mass of hyperplastic scar tissue. It consists of widely irregularly distributed bands of collagenous fibrous tissue. Occurs in the dermis and adjacent subcutaneous tissue, usually after trauma, surgery, a burn, or severe cutaneous disease such as cystic acne, and is more common in non-Caucasians.

Chemical – A substance formed by altering the molecular structure of a natural material or the combining of two or more elements to form a new substance.

Chloasma – Moth patch, melano-derma or melasma characterized by the occurrence of extensive brown patches of irregular shape and size on the face and elsewhere. Pigmented patches are

also known as the mask of pregnancy; associated most commonly with pregnancy, menopause, and oral contraceptives. Certain antibiotics can also sensitize the skin to UV causing excessive pigmentation.

Cholesterol – A lipid, and the most abundant steroid in animal tissues.

Chromosomes – A body within the cell nucleus containing the biological units of heredity (genes).

Chronic – Symptoms of disorder lasting more than a month.

Colitis – Inflammation of the colon.

Comedogenic – Any agent that may cause comedones; associated with various ingredients rated 0-3 by the Ingredient List of comedogenic Agents.

Comedones – Comedo, comedos. Dilated hair follicle infundibulum filled with keratin, squamae, and sebum. Commonly termed as a blackhead.

Conductor – Material connecting the two poles which offers resistance of the flow of current.

Connective tissue – Fibrous tissue that functions as the supporting framework of the body; holds muscle to the skin, muscle to bone, and bone to muscle.

Constitutive skin color – “Normal” skin color generated without exposure to radiation or hormones.

Contaminant – Organism such as bacteria, yeast, mold, fungi or any other unwanted substance.

Contraindication – Any special circumstance or symptom that renders the use of a remedy inadvisable.

Cornified – Hardened such as cornified cells of the stratum corneum.

Cosmetic – Preparation applied topically to the skin designed to enhance the appearance.

Couperose – Refers to diffuse redness, including telangiectasias of the face and other areas of the body.

Cutaneous – Relating to the skin.

Cyanosis – Dark bluish or purplish coloration of the skin and mucous membrane due to deficient oxygenation of the blood evident when reduced hemoglobin in the blood exceeds 5g per 100g.

Cysts – Severe infection of the follicle that appears as a large, hard and painful lump or swelling underneath the skin’s surface. A severe pimple that takes a longer time to reach the surface of the skin. As it works its way to the surface, it destroys many live cells and other leaves a scar; often referred to as “acne pits” or “ice pick” scars. Medical intervention is often used to clear the conditions.

Cytochemical – Chemistry of the cell.

Cytoplasm – Fluid part of a cell containing organelles.

Cyotoxicity – Condition of damaging or poisoning of a cell.

D

D&C – Drug and Cosmetic. Colorant approved for use in drugs and cosmetics, but not in food.

Decongestant - Substance that causes toxic material that has accumulated in the underlying structure of the skin. Removed through the normal channels of the body’s waste system (lymph).

Dehydration – Result of excessive transdermal water loss in the skin causing it to be flaky, dry, fissured, and irritated. Contributing factors are UV exposure, environmental influences, menopause, artificial heat, cigarette smoking, illnesses, and medication.



Dendrite – A foot-like projection of a cell, which receives and directs impulses to the cell body.

Dermatology – Medical study and science of the structure, functions and diseases of the skin.

Dermatosis – Nonspecific term used to denote any cutaneous lesion or group of lesions, or eruptions of any type.

Dermis – Fibrous skin layer beneath the epidermis composed primarily of elastin and collagen.

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Dermography – Form of urticaria in which whealing occurs in the site and in configuration of application of stroking (pressure, friction) of the skin.

Desquamation – Sloughing of cells from the stratum corneum.

Detergent – An agent that has the ability to act as a surfactant (breaking surface tension) to oil, water, and grime. Any of a group of synthetic, organic, liquid or water soluble cleansing agents that are not prepared from fats and oils and are not inactivated by hard water. Most are made from petroleum derivatives but vary widely in composition.

Diabetes – Either *diabetes insipidus* or *diabetes mellitus*, diseases having the common symptom of polyuria; when used without qualification, refers to *diabetes mellitus*.

Diapedesis – Migration of cells through blood vessel walls.

Differentiation – process of cell acquiring a specialized function. For example, the cells in the epidermis “differentiate” as they migrate from the basal layer to the surface.

Direct current – Constant flow of electricity in one direction.

Dispersant – Ingredients that bonds with one or more ingredients to disperse or spread the ingredients evenly throughout the product. Assists in stabilization.

Diurnal – Occurring and most active during the day.

Drug – A substance or preparation applied topically, injected or taken internally which alters the physiological processes of the user.

Dye – A soluble colorant that colors each molecule of a substance.

E

Ecze^ma – Generic term for acute or chronic inflammatory conditions of the skin, typically erythematous, edematous, popular, vesicular, and crusting; followed often by lichenification and scaling and occasionally by duskinness of the erythema and infrequently, hyperpigmentation. Often accompanied by sensations of itching and burning; the vesicles form by intra epidermal spongiosis. Sometimes referred to colloquially as tetter, dry tetter, and scaly tetter. A very common dermatosis, representing almost half of the professional dermatitis condition.

Edema – Accumulation of excess fluid in skin tissue.

Elasticity – Pertains to the capacity of the skin to stretch without losing shape.

Elastin – Connective tissue that resembles a net-like sheet of fibers that are cross-linked. It is made up of protein and is a major component in the skin, lungs, ligaments and large blood vessels.

Elastosis – Degenerative change in elastic tissue, mostly due to excessive sun damage.

Electrocautery – Burning with electric current.

Electrodesiccation – Process of destroying tissue, usually hair, by removing all its moisture by means of electric current.

Electrolysis – Decomposition of a salt or certain tissue of the body by means of an electric current.

Emollient – Products of ingredients which soften and soothe the skin. Usually refers to oil-soluble substances, but can also refer to water-soluble ingredients, especially esters. While the term moisturizer and emollient are often used interchangeably the two functions are different; however, they often occur at the same time.

Emulsion Oil and water components blended together creating one substance.

Enzyme – Class of protein compounds produced by a living organism which acts as a catalyst capable of accelerating or producing biochemical changes. Also referred to as organz catalysts; they are not consumer in the reactions they catalyze but are regenerated at the end of such reactions. In the food and drug industries, they are referred to as proteases, amylases, lipases, and pectinase. In topical skin care, an enzyme such as Papain and bromelain dissolve the buildup of keratinized cells at the skin's surface.

Ephelis (freckle) – Yellowish or brownish macules developing on the exposed parts of the skin, especially in persons of light complexion. Lesions increase in numbers on exposure to ultra violet light.

Epidermis – Outermost layer of the skin containing stratified and cornified cells, melanin, basal cells and lipids. Its function is to help create a barrier for the dermis.

Epilepsy – Falling sickness; convulsive state; status convulsus; seizure. A chronic disorder characterized by paroxysmal brain dysfunction due to excessive neuronal discharge, and



usually associated with some alteration of consciousness.

Epithelial – Pertaining to epithelium.

Erythema – Inflammatory redness of the skin.

Erythrosis – Exaggerated tendency to blush.

Eschar – Thick, coagulated crust of slough which develops following a thermal burn, chemical or physical cauterization of the skin.

Essential Oils – Essential oils are volatile (evaporating) oils, ethereal oils or essences of natural origin. Usually complex mixtures of organic compounds and generally represent the odoriferous principles of the plants. Obtained mostly from plants by steam distillation, but also from animal sources (musk, ambergris, civet) and by other means. Used in cosmetics, aromatherapy, medicine, perfumery and flavoring.

Esters – Compounds formed by a reaction of an acid or alcohol. Usually emollients and mostly designed to promote easier spreadability and penetration. They tend to resist rancidity better than natural oils and are designed to be used in place of these products.

Eumelanin – Brown-black pigment; true melanin.

Excoriation – Scratch mark. Linear break in the skin surface usually covered with blood or serous crusts.

Exfoliate – Removal of dead surface skin through the use of a scrub, peel, enzyme, AHA, or masque. Its purpose is said to prevent hyperkeratinization. Stimulates cell regeneration, circulation, and provides immediate noticeable brightening and smoothing of the skin.

Extracellular fluid – Fluid found outside the cell, i.e., blood, water.

Extract – Generally, but not necessarily, concentrated forms of natural substances obtained by treating crude materials with a solvent and then removing the solvent completely or partially from the preparation. Examples of extracts are fluid extracts (liquid), solid extracts, powdered extract (dry) tinctures and native.

Exudate – Fluid leaking out of a cell.

F

FCC – Food chemical code. Publication listing standards for foods, supplements and additives employed by the food industry.

FD&C – Food, Drug and Cosmetics. Colorant approved for use in food, drugs and cosmetics.

Fats – Fats are glycerol esters (glycerides) of fatty acids that are semisolid or solid at room temperatures. They are generally produced from botanicals by expression and from animal materials by extractions or rendering.

Fatty Acids – Carboxylic acids obtained from natural sources, mostly from fats; both saturated and unsaturated. Saturated fatty acids are palmitic and stearic acids; unsaturated ones are oleic, linoleic and linolenic acids.

Fibroblast – Cell capable of synthesizing collagen and elastin.

Fixative – Materials that are usually high boiling and of high molecular weight, that retard evaporation of the more volatile components in perfume formulations.

Fixed (fatty) oils – Same as fats and differs only physically from fats in that they are generally liquids at room temperature.

Fluid Extracts – Prepared either from native extracts or solid extracts by adjusting the prescribed strength with alcohol and water or by direction extraction of the botanicals with alcohol-water mixtures.

Folliculitis – Inflammatory reaction in hair follicles. Lesions may be papules or pustules.

Formula – Ingredients that make up a product. Includes percentages of these ingredients, the procedure used to assemble these ingredients when manufacturing a product.

Fragrance – Aromatic blend of either (1) essential oils of natural origin; (2) essential oils of natural origin and synthetic fragrance materials; or (3) many component ingredients.

Free Radical – Unstable molecules with an impaired electron that becomes highly reactive when exposed to UV rays, excess heat, fatty foods, smoking, and harsh environmental elements. They permeate cell membranes causing destruction and contribute to aging and other diseases in the skin.

Free Radical Scavengers – Known as antioxidants, substances contain components that help defend the skin from free radical invasion. Antioxidants taken internal and/or applied topically are credited with reducing free radical damage, thus retarding the process of tissue destruction and aging.

Fungi – Plant-like organisms feeding on organic matter.

Furfur – Flaky scales of epidermis, especially bits of scurf that form on the scalp and comes off in white or grayish scales.

Furuncle – More commonly known as a boil. Caused by bacteria that enters the skin through the hair follicle. Subcutaneous abscess that fills with pus. A boil can be painful and should be treated by a physician.

G

Galvanic current – direct current.

Gelling agent – Ingredient which thickens a product by co-



agulation to become more elastic, jelly-like or rigid.

Glands – Skin contains two types of duct glands that extract materials from the blood to different substances. Sudoriferous (sweat) glands secrete sweat. Sebaceous (oil) glands secrete sebum.

Glossing Agent – Ingredient which dispenses other ingredients evenly throughout a formula to produce an overall glossy appearance to the product.

Glycosides – Sugar containing compounds which on hydrolysis yield one or more sugars. Considered to be a very important group of natural products, are widely present in plants, and constitute major classes of drugs. Found in grape skin, alfalfa and licorice for example.

Ground – Large conducting body used as a common return for current relative zero electrical potential.

Ground substance – Extracellular material of the dermis, i.e., glycosaminoglycans.

Gum Resin – Resins occurring and mixed with gums. Usually contain small amounts of volatile oils and are sometimes referred to as oleogum resins.

H

HIV – Abbreviation for human immunodeficiency virus.

Hemophilia – Hereditary disease transmitted by women and affecting men. An inherited disorder of blood coagulation characterized by a permanent tendency to hemorrhages, spontaneous or traumatic, due to a defect in the blood coagulating mechanism.

Hepatic – A term referring to the liver biliary secretions.

Herpes – Viral disease marked by groups of watery blisters on the

skin or mucous membranes such as the mouth, lips, or genitals.

High Frequency – Alternating current.

Holocrine Gland – A gland that secretes its own cells; the sebaceous gland.

Humectant – Substance that preserves the moisture content in a product, especially in crèmes and lotions. Attracts moisture from many places, including the environment, the product it is in or from the skin.

Hydrate – To build or add moisture.

Hydrocarbon – Chain of carbon and hydrogen molecules linked together.

Hydrolysis (Hydrolyzed) – Process of making a complex substance into a simpler molecular structure by the uptake of water. Allows for greater penetration and better absorption by the skin.

Hydroscopic – Refers to an ingredient that has the ability to retain and absorb moisture.

Hyperkeratinization (hyperkeratosis, keratoderma) – Excessive development of horny structures (thickened skin) caused by lack of adequate exfoliation. Hyperkeratinization appears as a dull, lifeless complexion, formation of comedones and pimples because it causes obstruction of the orifice, therefore, preventing sebum to freely reach the skin surface.

Hyperkeratotic – Excessively producing keratin, resulting in rough, hard skin.

Hyperplasia – Excessive growth of cells.

Hyperproliferate – To excessively reproduce cells as in psoriasis.

Hypertrichosis – Excessive abnormal growth of hair.

Hypesthesia (hypoesthesia) – Diminished sensitivity to stimulation. Reduced sensitivity to the touch.

Hypoallergenic – Products or ingredients less likely to cause an allergic reaction in people who are prone to allergies. Prior to making a “hypoallergenic” claim, a product must undergo a Repeat Insult Patch Test performed on a panel of no fewer than 200 human subjects, with positive results.

Hypokeratinization (hyperkeratosis) – Insufficient development of horny structures (thin skin).

I

Ichthyosis – Congenital disorder of Keratinization characterized by dryness and fish-skin-like scaling. Often associated with other defects. Distinguishable genetically, clinically, microscopically, and by epidermal cell kinetics. Also called “alligator” or “fish skin.”

Infusion – Dilute aqueous extracts containing water-soluble ingredients of botanicals. Prepared by extracting the botanical with boiling water. An example is herbal tea.

Inorganic – Substances that are not hydrocarbons or their derivative. Usually minerals that do not have the structure or organization characteristic of living bodies.

Intercellular space – Space between the cells.

Interstitial fluid – Fluid spaces between cells or structures.

Intraepidermal – Within the epidermis.

Iontophoresis – Delivery system which transfers medicaments by direct currents.

Irritant – Substance which consistently and predictably pro-



duces an adverse response such as reddening, swelling, itching, burning or blistering. Many irritants are harmless in small quantities, becoming harmful only in their pure form or in large percentages of the total formula. Irritants are not to be confused with allergies.

Ischemia – Lack of blood and oxygen.

K

Keloid - Hyperplastic scar tissue. See Cheloid.

Keratin - Fibrous protein that is part of the stratum corneum, hair and fingernails.

Keratolytic – Substances that contain the ability to loosen corneocyte adhesions between cells allowing for them to slough.

Keratosis (Keratiasis) – Any lesion of the epidermis marked by the presence of circumscribed overgrowths of the horny layer.

Keratosis Pilaris - Area of skin marked by overgrowth of horny tissue, center of which is formed by an entrapped hair.

Keratosis Senile (senilis) – Skin disease observed in elderly persons and complicating the atrophy of the skin. Characterized by dry brown spots, which gradually are covered by more or less thick overgrowth of horny tissue, under which the skin is irregular and bloody. Actinic keratosis.

L

Lamellar bodies – Complex lipids that form part of the corneocyte barrier.

Lentigo – Small melanotic spot in which formation of pigment is unrelated to exposure to sunlight. Potentially malignant. Freckle.

Leukocyte – Infection fighting, white blood cell; basophils, neu-

trophils, monocytes, eosinophils are all leukocytes.

Lipids – Oily materials such as fats and waxes; not soluble in water. Provides in impermeable barrier protecting against invasion of foreign substances as well as acting against moisture loss.

Lipolytic – Capable of breaking down lipids.

Liposomes – Vesicle that forms when phospholipids hydrate in water; liposomes can be “loaded” with either oil-soluble or water-soluble ingredient and penetrates the skin quite easily to bring moisture, emollience and captured ingredients to the targeted site.

Lubricant – Oil, oil-rich cream or lotion designed to provide a slippery feel, sleek luster, and reduce tightness due to lack of surface oil to the skin. Although lubricants do slow moisture loss, this action should not be confused with building moisture.

Lymph – Clear fluid collected from the tissues of the body, flows through the lymphatic vessels, and is added to the venous circulation. Contains a clear fluid, some white and a few red blood cells.

M

Macrophage - Phagocyte involved in many immune functions, one that is removing cellular debris.

Macula (spot, macule) – Anatomical structure having the form of a small discolored patch or spot, differentiated from surrounding tissues which disappears momentarily when pressure is applied.

Malignant – Severe form of an illness, usually resistant to treatment such as cancer.

Mast Cell – Cell which releases histamine, causing redness and swelling of a wound.

Matte finish – Even-toned, non-shiny surface quality.

Melanin – Coloring matter in the skin deposited in the stratum germinativum (lowest layer of the 5 layers in the epidermis). Pigment becomes activated within a melanocyte cell when exposed to ultraviolet. Its intensity varies according to genetic traits.

Melanocytes – Cells that produce pigment granules scattered throughout the basal layer of the epidermis. Derived from nerve tissue and produce pigment granules passed on to the epidermal cells that synthesize keratin, giving the skin most of its color (melanin).

Melanocytic nevus (birthmark) – Circumscribed malformation of the skin, especially if colored by hyperpigmentation or increased vascularity. Melanocytic verrucous nevus: skin-colored or darker wart-like, often linear appearing at birth or early in childhood, and occurring in various sizes and locations, single or multiple. Pigmented hair epidermal nevus; (Becker's nevus). Pigmented hairy epidermal nevus; a nevus first seen as an irregular pigmentation of the shoulders, upper chest, or scapular area, gradually enlarging irregularly and becoming thickened and hairy.

Melanogenesis – Creation of melanin.

Metabolism – Chemical process with the body which break down substances (fat, glucose) into smaller components to release energy, used to build other substances (such as protein).

Miconazole – Antifungal agent.

Milium (milia) – Small whitish pearl-like (tuberculum sebaceum) mass due to retention of dead, keratinized cells and sebaceous matter trapped beneath the epidermis; a whitehead.

Mineral – Inorganic substance occurs in its natural state; usu-



ally salts and oxides considered essential for humans.

Mitochondria – Organelle in nucleus of cell responsible for energy production.

Mitosis – Process of dividing cells.

Moisturizer – Any product or ingredient which builds the skin's moisture level by either retarding water evaporation or adding moisture.

Molecular Weight – Indicative of the size of the chemical compound.

Molluscum pendulum – Fibrous and flabby tumor of the skin. Protuberance may be flat or spread, depressed to the touch, protruding or even pedicellated. Size may vary from a pinhead to an orange or more.

Monocyte – Macrophage in the blood stream.

Mucopolysaccharide – Complex of protein and polysaccharides. Blood substances are mucopolysaccharides (glycosoaminoglycans).

Mycosis – Disease caused by fungus or yeast.

N

NDC – National Drug Code. The number code assigned to each manufacturer and/or packer of drugs.

NF – National Formulary. Book that lists the standards of purity as well as assay methods for ingredients used by pharmacists to prepare salves, ointments and lotion.

Natural – Substances that occur in their unprocessed form. In cosmetics, the term refers to products made from ingredients derived from natural materials that are usually organic in nature.

Neoplasia – Growth of new cells.

Neuritis – Inflammation of a nerve associated with neuralgia, hyperesthesia, anesthesia, paresis, paralysis, muscular atrophy in the region supplied by the affected nerve, and with absence of reflexes.

Neuron – Nerve cell.

Nodules – Small mass of rounded or irregular shape. Small, circumscribed solid elevation that usually extends into the deep layers of the skin.

Non-sensitive – Reduce sensitivity to the environment or other ingredients.

Nucleus – Oval or rounded part of a cell (distinct from the cytoplasm) contains organelles and divides to reproduce the cell. Contains DNA and RNA.

Nutrient – Substance such as a vitamin, provides elements for the ongoing functioning of the body's metabolic process.

O

OTC – Over-the-counter drugs. Non-prescription drug subject to FDA regulations and must be manufactured, packaged and distributed according to Federal Law.

Occlusive – Materials such as oils and waxes which cannot be penetrated by water. Occlusive shield or film that is spread onto the skin to slow or prevent moisture from evaporating.

Ohm – Measure of electrical resistance.

Opacifying System – To make opaque or non-clear. Example would be pearlizing in a cleanser.

Opaque – Opposite of transparent, dense coverage, however, light is allowed to penetrate.

Organelle – body within the cytoplasm of a cell with a specialized function.

Organic – Substances that are or have been alive and contain carbon molecules in their chemical structure.

Osteoarthritis – Degenerative joint disease, chiefly of the knee and hip, mainly affecting weight-bearing joints in older persons.

Otitis – Inflammation of the ear.

Oxidation – Chemical reaction in which a molecule gains an atom of oxygen.

P

pH – Directly defined as power of the hydrogen molecule. Amount of hydrogen present in a substance determines the acid or alkaline level of a product. In the skin it is the pH of the acid mantle (the protective fluid made up of perspiration, oils and other debris lying over the horny layer) considered important in the health of the skin. PH at the skin's surface is normally between 4.5-5.5.

Papillary Varis – Referred to capillary hemangioma simplex or nevus vascularis. Small, pearl-like angioma, the size of a needle head or slightly larger, seemingly embedded in the dermis.

Papule – Small, circumscribed, solid elevation on the skin involving predominantly the epidermis or the dermis, depending on the type of pathological process. If may contain trapped sebum and bacteria that causes tissue swelling and inflammation due to prolonged follicular congestion.

Papulopustules – Small, semi-solid skin elevation which rapidly evolves into a pustule.

Pathogenicity – Condition of being able to cause disease.



Permanently Approved Color

– Color used in cosmetics with the approval of the FDA whose safety has been proven through the investigation by a committee of the CTFA.

Permeable – Allowing substances to flow into or out of such as fluid substances moving in and out of the cell membrane through a process called “osmosis.”

Phaeomelanin – Yellow pigment similar to melanin, but containing cysteine.

Phospholipid – Lipid containing phosphorus.

Phlyctena – Blister, bulla, vesicle, vesicular. Swelling of the epidermis filled with transparent serous fluid such as after severe sunburn or first degree burn.

Photodamage – Harmful effects of the sun resulting in thickening of the skin, roughness and/or hyperpigmentation.

Photosynthesize – To make sensitive to ultraviolet light. Fragrances primarily of the citrus family are known photosynthesizes. Many antibiotics and hormones may cause photosensitivity. Reactions appear as a reddening to dark spots on exposed skin.

Phyto – Pertaining to plants. Phytotherapy is plant therapy. Phyto oils are plant oils. Phytoestrogens are plant components that tend to mimic human estrogenic characteristics in the cells.

Pigment – coloring agent in skin or hair.

Pigmentary spots – Coloration either normal or pathologic, resulting from a deposit of pigment.

Pilosebaceous apparatus – consists of the hair, follicle, and sebaceous duct gland.

Pimples – When follicles become filled with oil, dead cells and bacteria swell and ruptures through the wall follicle escaping

into the dermis. The debris is irritating and causes inflammation. White blood cells rush to fight against the bacteria and create “pus,” a yellowish secretion.

Pituitary gland – The “master gland” located at the base of the brain; controls much of the hormonal activity of the body.

Pityriasis – Patchy hypopigmentation resulting from mild dermatitis. Non-inflammatory desquamation, furfuraceous, of the horny layer.

Pityriasis versicolor (tinea) – Eruption of tan or brown patches on the trunk, often appearing white, in contrast with hyperpigmented skin after exposure to strong ultra violet rays.

Polarity – Property of having two opposite poles; possession of opposite characteristics.

Polymers – Substance of a chain of identical units, such as a chain of glucose molecules. Highly efficient delivery system of lubricants and protectants to the skin.

Preservative – Ingredients which keep dangerous organisms such as bacteria, fungi, yeast and mold from growing in products.

Proliferation – Growth and reproduction.

Protective film – Film made up of ingredients which cling to the skin’s surface to protect it from harsh or threatening environmental influences.

Proteoglycan – Component of ground substance.

Provisionally Approved Color – Color used in cosmetics with approval of the FDA pending an investigation of its safety in cosmetics by a committee of the CTFA.

Pruritus – Itching, may be associated with prickly heat. Intense itching produced by brief contact with water at any temperature;

associated with local release of acetylcholine, mast-cell degranulation, and raised histamine concentrations. Itching may be produced by inadequate rinsing off of soap or by over drying of skin from excessive bathing. May be a result of aging.

Psoriasis – Condition characterized by the eruption of circumscribed, discrete and confluent, reddish, silvery-scaled maculopapules normally occurring on the elbows, knees, scalp and trunk.

Pumice – Porous, lightweight, abrasive volcanic stone used to soften and polish hard, tough, or calloused skin.

Pus – Fluid product of inflammation, containing dead white blood cells and other debris.

Pustule – Small circumscribed elevation of skin containing pus and having an inflamed base.

Q

Quantum – Smallest unit of energy.

R

RNA – Ribonucleic acid found in the cell’s nucleic material is responsible for working with the DNA.

Regenerative – Recreation of living material or a renewed functioning. Term used to describe the word “healing” when used in description of an ingredient used in a skin care product.

Regime – Daily routine in the application of skin care products.

Reticular dermis – Layer of the dermis composed of a fine network of cells that make up connective tissue and fibers between the cells.

Rhinophyma – Hypertrophy of the nose with follicular dilation, resulting from hyperplasia of



sebaceous glands with fibrosis and increased vascularity. Also referred to as hypertrophic rosacea.

Ribosome – Structure found on the rough endoplasmic reticulum that assist in the synthesis of protein in the cell.

Rosacea – Also called “acne rosacea,” rosacea is a chronic inflammation of the skin that causes painful eruptions, usually around the cheek, nose, and at times around the chin area. Characterized by redness, dilation of the blood vessels, and the formation of the papules and pustules. Over time, the skin becomes coarse and the pores enlarged. May be caused by genetic traits, poor digestion and the Demodex mite. Heat, alcohol, extreme temperatures, faulty elimination, hyperacidity, and highly seasoned foods tend to trigger flares.

S

SD Alcohol (SDA) – Specially denatured alcohol. Ethyl alcohol made non-drinkable by adding unpleasant substances.

SPF – Sun Protection Factor. Numerical rating on sunscreen and sun blocks that indicate the level of protection from UV radiation.

Scars – Fibrous tissue replacing normal tissue destroyed by injury or disease.

Sebaceous Cyst – Pilar or trichilemmal cyst; common cyst of the skin and subcutis containing sebum and keratin, lined by pale, staining, stratified epithelial cells derived from the pilosebaceous apparatus.

Seborrhea – Excessive sebum secretion where skin becomes rapidly oily and shiny with 1-2 hours after cleansing. May also be a result of hyperkeratinization.

Sebum – Semi-liquid oil secreted by the sebaceous apparatus that flows to the skin’s surface.

Secretions – Production by a cell or aggregation of cells (a gland) of a physiologically useful substance and its introduction into the body by direct diffusion or by a duct.

Senile Lentigo – Liver spot; a variably pigmented lentigo occurring on exposed skin of older Caucasians.

Sensitizer – Ingredient that causes the skin to become sensitive to other ingredients or the environment. It also refers to an ingredient that causes the skin to produce an adverse physical reaction such as redness, swelling, blistering or itching.

Sequestrant – Ingredient that releases itself or other ingredients slowly into a product over a period of time. Usually refers to preservatives that have a “time-release” action in maintaining the color, consistency and fragrance.

Sinusitis – Inflammation of a sinus of the skull.

Sloughing – Shedding of an outer layer of hornified tissue from a living structure such as the skin.

Soluble – Ability to dissolve into, or being compatible with another substance.

Soothing – Calming ingredient. Reduces the discomfort of irritated, blemished, burning skin.

Spasm – Involuntary muscular contraction; if painful, usually referred to as a cramp; if violent, a convulsion. Muscle spasm: increased muscular tension and shortness that cannot be released voluntarily and prevents lengthening of the muscles involved. Spasm is due to painful stimuli to the lower motor neuron.

Sphingolipid – Lipid containing a long chain base.

Spider vein – Arterial spider angioma generally found on the face and legs; a red spot producing telangiectasia.

Squama – Structure resembling a scale. An epidemic scale made up of thin flat cells.

Stabilizer – An ingredient that makes a product stable, keeping it from losing its viscosity, separating or becoming rancid.

Steatoma – Sebaceous cyst. Subcutaneous tumor of the sebaceous gland in which the contents consist of sebum. Steatoma usually occurs on the scalp, neck and back.

Steroid – A large family of chemical substances comprising many hormones, vitamins, body constituents and drugs.

Sterol – A steroid.

Stimulant – An ingredient, usually and herb or vitamin, which quickens or increases body activities such as blood flow, waste removal, cell reproduction or metabolic functions.

Stratum corneum – Flat, cornified (keratinized) skin cells that form a protective outer layer. Also known as the horny later.

Stretch marks – Bands of thin wrinkled skin, initially red but becoming purple and white, occur commonly on the abdomen, buttocks, and thighs at puberty and/or during and following pregnancy. Result from atrophy of the dermis and overextension of the skin.

Subcutaneous – Below the skin.

Substantive – Refers to the ability of an ingredient to be retained in the hair of the skin.

Substrate – Substance an enzyme acts upon.

Sudoriferous (sweat) glands – Tube-like structures (duct) that ends at the skin surface to form



the sweat pore. Almost all parts of the body have sweat glands. They regulate body temperature and help eliminate waste products. Controlled by the nervous system.

Sunscreen – Preparation that blocks harmful, burning sunrays.

Surfactant – Abbreviation of the term “surface-active” agent. Wetting agent that reduces the surface tension of oils, grease and other substances allowing them to be broken up into smaller particles to facilitate cleansing and promote easier spreadability and penetration.

Synthetic – Material formed by combining simple element structure. Most parent elements used to manufacture synthetic cosmetic ingredients are of natural origin.

T

T-Zone – T-shaped area of the face formed by the forehead, nose and chin. These areas tend to be oilier than other parts of the face.

Tactily – Using the fingertips.

Telangiectasia – Dilation of previously existing small or terminal vessels. Lesion formed by a dilated capillary or terminal artery, most commonly on the skin.

Telomere – Before a cell divides, it copies its chromosomes to give each new cell a complete set. In most cells, however, this process does not include the long spirals of DNA called telomeres, which protect the ends of every chromosome. Telomeres get shorter with each cell division. Some scientists believe they are so short that the cell can no longer divide and becomes vulnerable to damage and decay.

Texture – Ingredients or product which dramatically and noticeably smoothes and softens the skin's surface.

Thickener – Ingredient that increases viscosity of a product.

Thickness of the skin – Varies from one geographical cultural region and from one individual to the other. Essential to differentiate thickness of the epidermis and thickness of the skin, which refers to the epidermis, dermis and hypodermis. Minimal thickness of the epidermis at the eyelid level is of 0.04mm maximal thickness of palms and soles 1.5mm. Average thickness varies from 0.006 to 1 mm.

Thrombosis – Formation or presence of a thrombus; clotting within a blood vessel that may cause infraction of tissues supplied by the vessel.

Tincture – Slight infusion of alcohol and water.

Toning – Restoring color and tone to the skin.

Toxic – Poisonous.

Tuberculosis – Highly variable communicable disease caused by the presence of Mycobacterium tuberculosis and characterized by toxic symptoms or allergic manifestations which primarily affect the lungs.

U

U.S.P. – The United States Pharmacopoeia. A book of standards for purity, formulas and chemical assay methods of actual drugs.

Ulcers – Lesion on the surface of the skin or a mucous surface, caused by superficial loss of tissue, usually with inflammation. A wound with superficial loss of tissue from trauma is not primarily an ulcer, but may become ulcerated if infection occurs.

Ultraviolet – Range of light wavelengths between violet radiation in the visible spectrum and the invisible x-ray spectrum. Such rays can be harmful to the skin.

V

Vacuole – Cavity in the cytoplasm of a cell which may act as a stomach.

Varicose veins – Varix, varicosis. Dilated vein, enlarge and painful vein, artery, or lymphatic vessel.

Vascular – Pertaining to, or containing, blood vessels.

Vasoconstriction – Constriction, or shrinking in diameter, of blood vessels.

Vesicle – Small abnormal elevation of the outer layer of skin enclosing a serous liquid; a blister or bulla.

Vialaceous – Purplish discoloration of the skin.

Virulent – Poisonous.

Viscosity – Thickness or thinness of a fluid.

Vitiligo – Leukasmus; acquired leukaderma; the appearance of otherwise normal skin of non-pigmented white patches of varied sized, often symmetrically distributed and usually bordered by hyperpigmented areas.

Volt – Measure of electrical pressure.

W

Water-resistant – Repelling moisture or water; not readily removed by water.

Water-soluble – Quality of dissolving in water; easily removed with water.

Wetting agent – Water-soluble ingredient which lowers the tension between a product and the skin making spreadability easier and increasing ability for penetration.



Wood's Light – Ultraviolet lamp used for skin diagnosis (320nm-400nm).

X

Xanthoma – Disorder of cholesterol metabolism characterized by the forming of yellow patches on the skin.

