

### Aloe

From aloe plant, has been used for a long time for sunburnt and irritated skin. Cooling, and it's pulp is rich in water, making it hydrating.

Best for sunburnt on irritated skin, but safe for any

Cooling

Good for sunburns

Helps with redness

Moisturizing

### Charcoal

### Green Tea

A powerful antioxidant with anti-inflammatory benefits, helping to reduce acne, rosacea, psoriasis etc.

Good for any skin type

Antioxidant

Anti-inflammatory

Brightening

### Honey

Contains Amino acids, vitamins, minerals and enzymes. More antioxidants than almost any naturally-occurring botanical source.

### Honey (cont)

Best for Dry/uneven skin

Antibacterial

Anti-inflammatory

Retains moisture

Healing

Honey never spoils ;)

### Jojoba Oil

An ultra moisturizing and softening, a safe oil from a seed of a Simmondsia chinensis plant. Amazing when mixed with other skincare since it helps with the absorption of other ingredients. It is very similar to our own sebum that lubricates our skin and hair. It does not clog pores.

Great for dry/dehydrated skin

Moisturizing

Softening

A great mix in oil with other ingredients

Can be used in hair

### Lavender

Used for moisturizing and anti-bacterial properties as well as for its calming aroma therapy.

Good for any skin type

Anti-bacterial

Moisturizing

Calming

### Mushroom(Kojic acid etc.)

Mushrooms are natural sponges, and hold up to 500 times their weight in water. Initially used for lightening, but found to have more benefits.

Dry/dehydrated/irritated/dull skin

Anti-inflammatory

Great for hyperpigmentation

Reduces Irritation

Antioxidant

Reduces inflammation

Moisturizing

### Propolis

Natural resinous mixture that honey bees produce by mixing saliva and beeswax with exudate gathered from tree buds, sap, plants etc.

Good for acne/but also moisturizing

Healing

Fastens cell growth

Decongest pores

Protects against bacteria

Anti-inflammatory

Anti-fungal

### Tea Tree

Extracted from the leaves of the tea tree. Best when in a mixture with another carrier oil. Used for acne, said to be a more natural acne care product than others such as salicylic or benzoyl peroxide.

Acne/irritated skin

Antibacterial

Kills bacteria

Good spot treatment

Can be drying

### Rose

Said to have many benefits to our skin, but really it is fine for any skin type since it is very gentle. PLUS it has natural aroma therapy, if you like the scent of rose ;)

Good for all skin types

Soothing

Anti-inflammatory

Calming

Hydrating



By Laurashynn

[cheatography.com/laurashynn/](https://cheatography.com/laurashynn/)

Not published yet.

Last updated 27th July, 2019.

Page 1 of 1.

Sponsored by **ApolloPad.com**

Everyone has a novel in them. Finish

Yours!

<https://apollopad.com>