Cheatography

Skincare 1 Cheat Sheet by Laurashynn via cheatography.com/86853/cs/20144/

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 antiinflammatory benefits, helping to reduce acne, rosacea, psoriasis etc.

Good for any skin type

Antioxidant Anti-inflammatory Brightening

Honev

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 absorbtion 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

l avender

Used for moisturizing and anti-bacterial properties as well as for it's calming aroma therapy.

Good for any skin type

Anti-bacterial Moisturizing Calming

Mushroom(Kojic acid etc.)

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

Dry/dehydrated/irritatated/dull skin

Anti-inflammatory
Great for hyperpigmentation
Reduces Irritation
Antioxidant
Reduces inflammation
Moisturizing

Too Troo

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 that others such as salycilyc or benzoyl peroxide.

Acne/irritated skin

Antibacterial
Kills bacteria
Good spot treatment
Can be drying

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

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



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