

NATUROPATHICA

FOR DEEPER BEAUTY

BEAUTY ROOTED IN WELLNESS



RETAIL PRODUCT REFERENCE GUIDE 2023



BEAUTY ROOTED IN WELLNESS

We believe in a holistic approach to skin health and well-being, understanding that the skin is a reflection of all that is going on inside.



OUR FOUNDER

Barbara Close, Founder of Naturopathica, is a wellness innovator, author, and educator. A lifelong practitioner of the healing arts, Barbara has a Master's degree in Therapeutic Herbalism from the Maryland University of Integrative Health and holds credentials in esthetics, advanced massage, and aromatherapy. She has been a pioneering product architect for more than 25 years, creating skin care, body products, herbal remedies, and holistic health treatments that inspire individuals on their path to well-being.



OUR HOLISTIC APPROACH

Inspired by a background in herbalism, we believe in the healing power of plants and are committed to clean, sustainable ingredients. We take a holistic approach to health and beauty, seeking the source of an imbalance rather than the symptom to provide true and lasting results.



OUR TREATMENTS

Our sensorial professional treatments are clinically formulated to stimulate, firm, and brighten the skin without harmful synthetic ingredients. Naturopathica Massages are deeply therapeutic treatments that combine the best massage therapy techniques with traditional healing practices to balance and heal the body.

OUR PRODUCTS

Our Skin Care Collection uses proven botanicals like oats, aloe, and seed oils to nourish the skin, and clean cosmeceuticals; proven dermatological actives like plant stem cells, retinol, and glycolic acid to deliver visible results.

Our Body Care and Herbal Remedies bring wellness full circle, combining traditional healing practices with modern inspiration to promote skin radiance, relieve stress, restore sore muscles, and enhance vitality.

INGREDIENTS WITH INTENT

We rigorously vet every ingredient we use in our formulas. Each ingredient is measured for its efficacy, sourcing, and environmental impact. Our formulas all work in harmony with the skin's natural function so we can deliver noticeable results without irritation or discomfort. At minimum, we never use: Animal-derived ingredients (Lanolin, Musk, Collagen, Squalene), Endocrine disruptors (Formaldehyde, Synthetic Fragrance, Parabens), Petroleum-derived ingredients, Silicones, any other potentially toxic or known irritants.



	Skin Type	Key Ingredients	Ingredient Benefit	How to Use	Ingredients
Aloe Vera Cleansing Gel	Normal to Oily	Aloe Vera Juice	Calming	<ul style="list-style-type: none"> • Dime-sized amount • Add water/work into lather • Use for at least 60 seconds • Rinse/Remove 	Aloe Barbadensis Leaf Juice, Aqua/Water/Eau, Glycerin, Decyl Glucoside, Xanthan Gum, Potassium Sorbate, Sodium Benzoate, Caprylic/Capric Triglyceride, Panthenol, Ethylhexylglycerin, Lavandula Angustifolia (Lavender) Oil, Lavandula Hybrida Oil, Cananga Odorata Flower Oil, Rosa Damascena Flower Oil, Linalool
		Lavender	Soothing		
		Coconut Oil	Nourishing		
Chamomile Cleansing Milk	Normal, Dry or Sensitive	German Chamomile Flower Extract	Soothing	<ul style="list-style-type: none"> • Dime-sized amount • With wet hands work into skin • Use for at least 60 seconds • Rinse/Remove 	Aqua (Water, Eau), Helianthus Annuus (Sunflower) Seed Oil, Aloe Barbadensis Leaf Juice, Glycerin, Rosa Damascena Flower Water, Coco-Glucoside, Leuconostoc/Radish Root Ferment Filtrate, Chamomilla Recutita (Matricaria) Flower Extract, Moringa Oleifera Seed Extract, Rosmarinus Officinalis (Rosemary) Leaf Extract, Lavandula Angustifolia (Lavender) Oil, Lauryl Glucoside, Coconut Alcohol, Sucrose Cocoate, Glyceryl Oleate, Hydrogenated Lecithin, p-Anisic Acid, Glucose, Tocopherol, Hydrogenated Palm Glycerides Citrate, Sclerotium Gum, Carrageenan, Maltodextrin, Citronellol, Geraniol, Linalool, Methyl Eugenol, Eugenol
		Moringa Seed Extract	Moisturizing		
		Vitamin E	Antioxidant		
Colloidal Silver & Salicylic Acid Acne Clearing Cleanser	Oily or Blemish-prone	Salicylic Acid 2%	Exfoliating	<ul style="list-style-type: none"> • Dime-sized amount • Add water/work into lather • Use for at least 60 seconds • Rinse/Remove 	ACTIVE INGREDIENT: Salicylic Acid 2.0% Water (Aqua), Decyl Glucoside, Glycerin, Aloe Barbadensis Leaf Juice, Xanthan Gum, Colloidal Silver, Vaccinium Macrocarpon (Cranberry) Fruit Extract, Sodium Hydroxide, Sodium Cocoyl Hydrolyzed Amaranth Protein, Sodium Benzoate, Potassium Sorbate, Citrus Limon (Lemon) Peel Oil, Rosmarinus Officinalis (Rosemary) Leaf Oil, Mentha Viridis (Spearmint) Leaf Oil, Propanediol, Nymphaea Caerulea Flower Extract, Nelumbo Nucifera Flower Extract, Hamamelis Virginiana (Witch Hazel) Leaf Extract, Rosmarinus Officinalis (Rosemary) Leaf Extract
		Colloidal Silver	Cleansing		
		Cranberry Fruit Extract	Purifying		
Manuka Honey Cleansing Balm	ALL	Manuka Honey	Healing	<ul style="list-style-type: none"> • Nickel-sized amount • With dry hands, melt and massage into dry skin • Add water to emulsify • Remove with a damp cloth • Follow with a second cleanse 	Prunus Amygdalus Dulcis (Sweet Almond) Oil, Glycerin, Caprylic/Capric Triglyceride, Butyrospermum Parkii (Shea) Butter, Jojoba Esters, Glyceryl Behenate, Helianthus Annuus (Sunflower) Seed Wax, Theobroma Cacao (Cocoa) Seed Butter, Aqua (Water/Eau), Sucrose Laurate, Lactobacillus Ferment, Parfum (Fragrance)*, Mangifera Indica (Mango) Seed Butter, Argania Spinosa Kernel Oil, Mel (Honey, Miel), Pentapeptide-48, Cocos Nucifera (Coconut) Fruit Extract, Calendula Officinalis Flower Extract, Acacia Decurrens Flower Wax, Hippophae Rhamnoides Fruit Oil, Glycine Soja (Soybean) Oil, Tocopherol, Populus Tremuloides Bark Extract, Lactobacillus Ferment Lysate Filtrate, Lactobacillus, Hydrogenated Lecithin, Polyglycerin-3, Leuconostoc/Radish Root Ferment Filtrate, Phenethyl Alcohol, Ethylhexylglycerin, Maltodextrin, Benzyl Alcohol.
		Royal Jelly Peptides	Smoothing		
		Lactobacillus Ferment	Probiotic		
Marshmallow & Probiotic Sensitivity Soothing Cream Cleanser	ALL – Ideal for the Most Sensitive	Marshmallow	Soothing	<ul style="list-style-type: none"> • Nickel-sized amount • With dry hands, melt and massage into dry skin • Add water to emulsify • Remove with a damp cloth 	Aqua/Water/ Eau , Coco Seed Oil, Stearic Acid, Caprylate/Caprinate, Glycerin, Cetearyl Cetyl Alcohol, Vitis Vinifera (Grape) Alcohol, Glyceryl Stearate Citrate, Cocos Nucifera (Coconut) Oil, Sodium Lauroyl Muriella Methyl Isethionate, Sodium Methyl Cocoyl Taurate , Amorphophallus Konjac Root Powder, Lactococcus Ferment Lysate, Glyceryl Caprylate, Sodium Anisate, Sodium Levulinate, Hydrolyzed Jojoba Esters, Citric Acid, Althaea Officinalis Root Extract, Sucrose, Aurantiaca Disuccinate / Ruttnera Lamellosa Oil, Trisodium Ethylenediamine , Lecithin, Lactic Acid, Sodium Chloride
		Probiotic Lysate	Nourishing		
		Microalgae	Calming		



	Skin Type	Key Ingredients	Ingredient Benefit	How to Use	Ingredients
Oat Cleansing Facial Polish	ALL	Oat Beta Glucan	Soothing	<ul style="list-style-type: none"> • Dime-sized amount • With wet hands work into skin in circular motions • Use for at least 60 seconds • Rinse/Remove 	Aloe Barbadensis Cetearyl Avena Alcohol, (Aloe Vera) Leaf Juice, Helianthus Annuus (Sunflower) Seed Oil, Cetearyl Glucoside, Simmondsia Sativa (Oat) Flour, Lactobacillus Ferment, Chinensis (Jojoba) Wax Beads, Sesamun Oil, Glycerin, Arachidyl Alcohol, Behenyl Alcohol, Indicum (Sesame) Seed Arachidyl Water/Aqua/ Eau , Avena Glucoside, Sativa (Oat) Extract, Triticum Vulgare (Wheat) Germ Oil, Chitin, Beta Glucan, Glyceryl Caprylate, Sclerotium Gum, Rosmarinus Officinalis (Rosemary) Leaf Extract, PANISIC Acid, Lavandula Angustifolia (Lavender) Flower Oil, Rosa Damascena (Rose) Flower Oil, Oil, Cananga Odorata (Ylang Ylang Nardostachys Chinensis (Spikenard) Root) Flower Oil, Xanthan Gum, Phenethyl Alcohol
		Oat Protein	Softening		
		Jojoba Beads	Exfoliating		
Facial Cleansing Brush	ALL	Ultra-Soft Nylon Bristles	Gently Exfoliating	<ul style="list-style-type: none"> • Apply cleanser to the face, neck and décolleté. • Dip facial brush in water. Using short strokes, brush the skin in an upward direction. 	CARE INSTRUCTIONS: After each use, rinse and wash the brush with a mild soap. Allow to air dry. Brush should be completely dry before the next use.

CLEANSERS

“What your skin really wants is a dose of common sense and TLC, not product overload and complicated beauty regimens. For most of us, this might be as simple as using the correct cleanser. “

Barbara Close from her book: The Naturopathica Effect

Naturopathica Founder Barbara Close believes that cleansing can be the most important step in your beauty ritual.

Here is her criteria for your perfect skin cleanser.

DOES

- Lay the proper foundation for correcting or fortifying your skin.
- Cleanses thoroughly without irritation
- Protect your skin microbiome from the ravages of inflammation from both internal and external factors.

DOES NOT

- Strip the hydrolipid layer, and the skin’s natural healthy biome, taking away the naturally good oils of the skin along with the grime.
- Alter the slight level of acidity that is normally found in the skin which acts a barrier to limit bacterial overgrowth.

Tracy R. ★★★★★ VERIFIED BUYER 2/1/22

Gentle Effective Exfoliation

This scrub is gentle enough to use on sensitive skin and effective at exfoliating the dry dead skin cells that build up. I use it a couple times a week to renew my skin and make it feel fresh again.

Janise T. ★★★★★ VERIFIED BUYER 1/9/22

Oats for Breakfast

The oat cleansing facial polish is great for morning rituals to wake up and cleanse your skin. Not drying, gently finding it's way into all the nooks and crannies of your face.

Andrea L. ★★★★★ VERIFIED BUYER 12/23/21

Great Cleanser

From the first use it made my face feel great, smooth and hydrated. The polish is just enough and not at all harsh on the skin.

MISTS & ESSENCES



	Skin Type	Key Ingredients	Ingredient Benefit	How to Use	Ingredients
Lavender & Manuka Honey Balancing Mist	ALL	Lavender Oil	Purifying	<ul style="list-style-type: none"> Shake before use Mist directly onto skin Repeat to refresh as needed Avoid contact with eyes 	Water (Aqua), Lavandula Angustifolia (Lavender) Flower Extract, Leuconostoc/Radish Root Ferment Filtrate, Candida Bombicola/Glucose/Methyl Rapeseedate Ferment, Caprylyl/Capryl Glucoside, Potassium Sorbate, Citric Acid, Sodium Benzoate, Honey, Lavandula Angustifolia (Lavender) Oil, Lavandula Hybrida Oil
		Manuka Honey	Healing		
		Aloe Vera Leaf Juice	Balancing		
Oat & Calendula Soothing Jelly Mist	ALL – Ideal for the Most Sensitive	Oat Kernel Extract	Softening	<ul style="list-style-type: none"> Shake before use Mist directly onto skin Repeat to refresh as needed Avoid contact with eyes 	Aqua (Water, Eau), Glycerin, Lavandula Angustifolia (Lavender) Flower Water, Microcrystalline Cellulose, Calendula Officinalis Flower Extract, Avena Sativa (Oat) Kernel Extract, Amaranth/Ferment Filtrate, Rosa Centifolia Flower Water, Aloe Barbadensis Leaf Juice Powder, Sodium Acetylated Hyaluronate, Sodium Hyaluronate, Laminaria Digitata Extract, Sodium Hyaluronate Crosspolymer, Chlorella Vulgaris Extract, Hydrolyzed Sodium Hyaluronate, Maris Aqua (Sea Water, Eau de Mer), Saccharide Isomerate, Ethylhexylglycerin, Sodium Benzoate, Cellulose Gum, Potassium Sorbate, Pentylene Glycol, Lactobacillus/ Ferment, Citric Acid, Phenethyl Alcohol, Linalool
		Calendula Flower Extract	Nourishing		
		Hyaluronic Acid	Hydrating		
N. Poeticus & French Algae Brightening Essence	ALL	N. Poeticus	Brightening	<ul style="list-style-type: none"> Apply 3-5 drops to palms of hands, rub together and gently press into cleansed skin. Follow with appropriate moisturizer. 	Aqua/Water/Eau, Hamamelis Virginiana (Witch Hazel) Water, Pentylene Glycol, Glycerin, Niacinamide, Aloe Barbadensis Leaf Juice, Propanediol, Caprylic/Capric Triglyceride, Citrus Nobilis (Mandarin Orange) Peel Oil, Pelargonium Graveolens Flower Oil, Jasminum Officinale (Jasmine) Flower/Leaf Extract, Sodium PCA, Hibiscus Sabdariffa Flower Extract, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Caprylyl Glycol, Sodium Hydroxide, Narcissus Poeticus Callus Extract, Caprylhydroxamic Acid, Tetrasodium Glutamate Diacetate, Microcitrus Australasica Fruit Extract, Cystoseira Tamariscifolia Extract, Lactic Acid, Benzoic Acid, Citric Acid, Potassium Sorbate, Sodium Benzoate, Sodium Glycolate, Sodium Formate, Limonene, Citronellol
		French Algae	Rejuvenating		
		Hibiscus	Exfoliating		
Prickly Pear & Salicylic Acid Acne Clearing Tonic	ALL – Ideal for Oily or Blemish-prone	Prickly Pear	Calming	<ul style="list-style-type: none"> Shake well before using. After cleansing, dispense onto cotton pad and sweep over face, neck, and chest. Avoid immediate eye area. Do not rinse. 	Active Ingredients: Salicylic Acid 2% Water (Aqua), Aloe Barbadensis Leaf Juice, Glycolic Acid, Sorbitan Oleate Decylglucoside Crosspolymer, Gluconolactone, Dimethyl Isosorbide, Sodium PCA, Glycerin, Sodium Benzoate, Betaine, Citrus Limon (Lemon) Peel Oil, Hibiscus Sabdariffa Flower Extract, Opuntia Ficus-Indica Stem Extract, Sodium Hyaluronate, Calcium Gluconate, Chlorophyllin-Copper Complex, Rosmarinus Officinalis (Rosemary) Leaf Oil, Mentha Viridis (Spearmint) Leaf Oil, Sodium Hydroxide, Limonene.
		Salicylic Acid	Clarifying		
		Glycolic Acid	Exfoliating		
Chill Chocolate Vine Detox Tonic	ALL – Ideal for Stress Reactive Skin	Chocolate Vine	Lifting	<ul style="list-style-type: none"> Shake well before using. After cleansing, dispense onto cotton pad and sweep over face, neck, and chest. Avoid immediate eye area. Do not rinse. 	Active Ingredients: Salicylic Acid .5% Water, Aloe Barbadensis Leaf Juice, Glycolic Acid, Gluconolactone, Glycerin, Dimethyl Isosorbide, Sodium PCA, Sorbitan Oleate Decylglucoside Crosspolymer, Sodium Benzoate, Betaine, Akebia Quinata Extract, Hibiscus Sabdariffa Flower Extract, Fragrance, Sodium Hyaluronate, Sodium Hydroxide.
		Salicylic Acid	Clarifying		
		Gluconolactone - PHA	Exfoliating		

What's the difference?

MISTS: Refresher + Hydrator | **ESSENCES:** Nutrient Rich + Increase Absorption | **TONICS:** Clarifying + Deep Cleansing



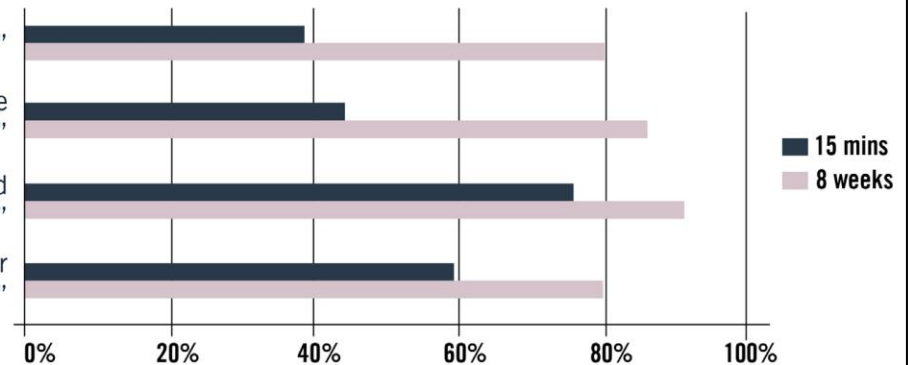
	Skin Type	Key Ingredients	Ingredient Benefit	How to Use	Ingredients
Plant Stem Cell Booster Serum	ALL	Echinacea Meristem Cell Culture	Strengthening	<ul style="list-style-type: none"> After cleansing, apply a small amount to the face and neck For best results, use for 30 days. Discontinue use for 30 days, then repeat Avoid contact with eyes 	Water/Aqua/Eau, Helianthus Annuus (Sunflower) Seed Oil*, Glycerin, Leuconostoc/Radish Root Ferment Filtrate, Cetearyl Oliviate, Sorbitan Oliviate, Sodium Hyaluronate, Buddleja Davidii Meristem Cell Culture, Echinacea Angustifolia Meristem Cell Culture, Rosa Mosqueta (Rosehip) Seed Oil*, Aleurites Moluccana (Kendi) Seed Oil*, Euterpe Oleracea (Acai) Pulp Oil*, Punica Granatum (Pomegranate) Seed Extract*, Sambucus Canadensis (Elder) Flower Extract*, Chitin, Beta Glucan, Citrus Aurantium (Neroli) Flower Oil, Helichrysum Italicum(Helichrysum) Flower Oil*, Pelargonium Graveolens (Geranium) Flower/Leaf Oil*, Anthemis Nobilis (Roman Chamomile) Flower Oil, Tanacetum Annuum (Tanacetum Annuum) Flower Oil*, Rosmarinus Officinalis (Rosemary) Leaf Extract*, Amorphophallus Konjac Root Powder, Pullulan, Sclerotium Gum, Hydrogenated Lecithin, Xanthan Gum, P-Anisic Acid
		Butterfly Bush Meristem Cell Culture	Anti-aging		
		Helichrysum Oil	Healing		
Vitamin C15 Wrinkle Remedy Serum	Mature, Sun-damaged	15% L-Ascorbic Acid	Brightening	<ul style="list-style-type: none"> After cleansing, apply a small amount to the face and neck Avoid contact with eyes 	Water/Aqua/Eau, Propanediol, Ascorbic Acid, Ergothioneine, Glycerin, Beta Glucan, Tocopherol, Cymbopogon Martini (Palmarosa) Oil, Caprylyl/Capryl Glucoside, Bisabolol, Allantoin, Sodium Hyaluronate, Anthemis Nobilis Flower Oil, Phenethyl Alcohol, Sodium Hydroxide, Acacia Senegal Gum, Xanthan Gum
		Vitamin E	Antioxidant		
		Hyaluronic Acid	Hydrating		
Marshmallow & Ceramide Sensitivity Soothing Serum	ALL – Ideal for the Most Sensitive	Marshmallow	Soothing	<ul style="list-style-type: none"> After cleansing, apply a small amount to the face and neck 	Aloe Barbadensis Leaf Juice, Glycerin, Aqua/Water/Eau, Lactococcus Ferment Lysate, Coconut Alkanes, Cetearyl Oliviate, Olea Europaea (Olive) Fruit Oil, Oenothera Biennis(Evening Primrose) Oil, Persea Grattissima (Avocado) Oil, Sorbitan Oliviate, Cetyl Alcohol, Plukenetia Volubilis Seed Oil, Sclerotium Gum, Coco-Caprylate/Caprate, Glyceryl Caprylate, Sodium Anisate, Sodium Levulinat, Althaea Officinalis Root Extract, Ceramide Np, Mentha Piperita (Peppermint) Leaf Extract, Zingiber Officinale (Ginger) Root Extract, Sucrose, Polyglyceryl-10 Laurate, Muriella Aurantiaca/Ruttnera Lamellosa Oil, Lactic Acid, Lecithin, Leuconostoc/Radish Root Ferment Filtrate, Sodium Chloride, Citric Acid, Tocopherol, Sodium Benzoate.
		Ceramide Complex	Hydrating		
		Evening Primrose Oil	Conditioning		

Did you know...?

That NATUROPATHICA'S **Vitamin C15 Wrinkle Remedy Serum** was tested by an independent panel of consumers.

IMMEDIATELY AND OVER TIME, CONSUMERS AGREE:

“Skin looks dramatically younger”
 “Fine lines & wrinkles are visibly improved”
 “My skin looks brighter and more radiant”
 “I prefer this serum over any other anti-aging serum have tried”





	Skin Type	Key Ingredients	Ingredient Benefit	How to Use	Ingredients
Argan & Peptide Advanced Wrinkle Remedy Water Cream	Dry and Mature	Argan	Softening	<ul style="list-style-type: none"> • Pea size amount over face and neck using upward and outward movements. • Apply morning and night over serum or after treatment for best results. 	Aqua/Water/Eau, Glycerin, Squalane, Cocoglycerides, Methylheptyl Isostearate, C10-18 Triglycerides, Glyceryl Stearate, Candelilla/Jojoba/Rice Bran Polyglyceryl-3 Esters, Tocopherol, Jojoba Esters, Helianthus Annuus (Sunflower) Seed Oil, Sclerotium Gum, Fructan, Sodium Stearoyl Lactylate, Cetearyl Alcohol, 1,2-Hexanediol, Caprylyl Glycol, Behenyl Olivatate, Isomalt, Xanthan Gum, Hydrolyzed Sodium Hyaluronate, Lactobacillus Ferment, Leontopodium Alpinum Meristem Cell Culture, Moringa Oleifera Seed Oil, Vaccinium Vitis-Idaea Seed Oil, Hippophae Rhamnoides Seed Oil, Pelargonium Graveolens Leaf Oil, Dimethylmethoxy Chromanol, Lecithin, Plankton Extract, Citric Acid, Sodium Phytate, Hydroxypropyl Cyclodextrin, Helichrysum Angustifolium Flower Extract, Anthemis Nobilis Flower Extract, Citrus Aurantium Amara (Bitter Orange) Flower Extract, Isostearic Acid, Lepidium Sativum Sprout Extract, Argania Spinosa Sprout Cell Extract, Tanacetum Annuum Flower Oil, Sodium Benzoate, Palmitoyl Tripeptide-38, Alcohol, Rosmarinus Officinalis (Rosemary) Leaf Extract, Citronellol, Geraniol, Limonene, Linalool
		Peptides	Strengthening		
		Edelweiss	Protecting		
Argan & Retinol Advanced Wrinkle Remedy Night Gel Cream	Dry and Mature	Retinol	Regenerating	<ul style="list-style-type: none"> • Pea size amount over face and neck using upward and outward movements. • Apply at night over serum or after treatment for best results. • Use daily UV protection while using this product and avoid excessive sun exposure. 	Aqua/Water/Eau, Cocoglycerides, Glycerin, Ethylhexyl Hydroxystearate, Caprylic/Capric Triglyceride, C10-18 Triglycerides, Candelilla/Jojoba/Rice Bran Polyglyceryl-3 Esters, Glyceryl Stearate, Xylitylglucoside, Cetearyl Alcohol, Sodium Stearoyl Lactylate, Dipentaerythrityl Tetrabenenate/Polyhydroxystearate, Helianthus Annuus (Sunflower) Seed Oil, Anhydroxylitol, Sclerotium Gum, 1,2-Hexanediol, Caprylyl Glycol, Stearalkonium Hectorite, Xylitol, Glycine Soja (Soybean) Oil, Mangifera Indica (Mango) Seed Butter, Hippophae Rhamnoides Seed Oil, Propylene Carbonate, Lactobacillus Ferment, Bisabolol, Tocopheryl Acetate, Xanthan Gum, Isomalt, Pelargonium Graveolens Leaf Oil, Glucose, Dimethylmethoxy Chromanol, Sodium Phytate, Citric Acid, Retinol, Anthemis Nobilis Flower Extract, Helichrysum Angustifolium Flower Extract, Plankton Extract, Hydroxypropyl Cyclodextrin, Citrus Aurantium Amara (Bitter Orange) Flower Extract, Tocopherol, Tanacetum Annuum Flower Oil, Argania Spinosa Sprout Cell Extract, Lecithin, Alcohol, Palmitoyl Tripeptide-38, Sodium Benzoate, Rosmarinus Officinalis (Rosemary) Leaf Extract, Citronellol, Geraniol, Limonene, Linalool
		Argan Plant Cell Extract	Softening		
		Peptides	Strengthening		
Calendula Essential Hydrating Cream	Dry or Sensitive	Calendula Flower Extract	Soothing	<ul style="list-style-type: none"> • Pea size amount over face and neck using upward and outward movements. • Apply morning and night over serum or after treatment for best results. 	Aloe Barbadensis (Aloe Vera) Leaf Juice*, Aqua/Water/ (Sunflower) Seed Oil*, Triglyceride, Cetearyl Xylitylglucoside Bark Extract, Glycerin*, Arachidyl Eau , Helianthus Annuus Alcohol, , Cetearyl Anhydroxylitol Glucoside, Caprylic/Capric , Xylitol, Populus Alcohol, Behenyl Alcohol, Tremuloides Arachidyl (Aspen) Glucoside, Rosa Damascena (Rose) Flower Water*, Trehalose, Borago Officinalis (Borage) Seed Extract, Urtica Dioica (Nettle) Leaf Extract*, Calendula Officinalis (Calendula) Flower Extract*, Citrus Aurantium (Neroli) Flower Oil*, Lavandula Angustifolia (Lavender) Flower Oil*, Rosmarinus Officinalis (Rosemary) Leaf Extract*, Sclerotium Gum, PAnisic Acid
		Borage Seed Oil	Moisturizing		
		Trehalose	Nourishing		

Did you know...?

Retinol is a type of retinoid, which is made from vitamin A. It does not *remove* dead skin cells however, it's small molecular structure can go deep beneath the epidermis (outer layer of skin) to your dermis where it stimulates cellular turnover. This ability to penetrate down to the Dermal Epidermal Junction (DEJ) has been shown to have a rejuvenating effect on the skin in ways that other ingredients cannot match

RETINOLS – QUICK FACTS:

- Increases cell turnover and protects collagen
- Effective for addressing lines, sun damage and mild to moderate acne
- Since cell turnover is increasing, mild flaking may occur. This is normal and can be expected at the beginning of use (lasting no more than 3 days.)
- If irritation or redness occurs, decrease frequency of use
- Retinols will increase sun-sensitivity – avoid excessive sun & apply SPF daily



Manuka Honey Whipped Oil

Skin Type	Key Ingredients	Ingredient Benefit	How to Use	Ingredients
Dry	Manuka Honey	Healing	<ul style="list-style-type: none"> • Pea size amount over face and neck using upward and outward movements. • Apply morning and night over serum or after treatment for best results. 	Aqua/Eau/Water, Helianthus Annuus (Sunflower) Seed Oil, Simmondsia Chinensis (Jojoba) Seed Oil, Caprylic/Capric Triglyceride, Prunus Armeniaca (Apricot) Kernel Oil, Glycerin, Cetearyl Alcohol, Glyceryl Stearate Citrate, Honey Extract, Glyceryl Caprylate, Fragrance/Parfum, Xanthan Gum, Tocopherol, Citric Acid, p-Anisic Acid, Lycium Barbarum Fruit Extract, Paullinia Cupana (Guarana) Seed Extract, Maltodextrin, Benzyl Alcohol, Gardenia Jasminoides Fruit Extract
	Jojoba Oil	Softening		
	Apricot Kernel Oil	Smoothing		

MOISTURIZERS



	Skin Type	Key Ingredients	Ingredient Benefit	How to Use	Ingredients
Marshmallow & Microalgae Soothing Creme	ALL – Ideal for the Most Sensitive	Marshmallow	Soothing	<ul style="list-style-type: none"> • Pea size amount over face and neck using upward and outward movements. • Apply morning and night over serum or after treatment for best results. 	Aloe Barbadensis Leaf Juice, Helianthus Annuus (Sunflower) Seed Oil, Jojoba Esters, Persea Grattissima (Avocado) Oil, Cetearyl Alcohol, Glycerin, Butyrospermum Parkii (Shea) Butter, Glyceryl Stearate Citrate, Aqua/Water/Eau, Sorbitan Oleate, Lactococcus Ferment Lysate, Amorphophallus Konjac Root Powder, Glyceryl Caprylate, Olea Europaea (Olive) Fruit Oil, Sodium Levulinate, Sodium Anisate, Plukenetia Volubilis Seed Oil, Althaea Officinalis Root Extract, Sodium Phytate, Tocopherol, Ceramide Np, Sucrose, Polyglyceryl-10 Laurate, Muriella Aurantiaca/Ruttnera Lamellosa Oil, Lecithin, Lactic Acid, Sodium Chloride, Citric Acid, Sodium Benzoate
		Sacha Inchi	Antioxidant		
		Microalgae	Strengthening		
Rosemary & Salicylic Acid Acne Clearing Moisturizer	Oily or Blemish-prone	Rosemary Essential Oil	Cleansing	<ul style="list-style-type: none"> • Pea size amount over face and neck using upward and outward movements. • Use daily UV protection 	Active Ingredient: Salicylic Acid 2.0% Inactive Ingredients: Water, Caprylic/Capric Triglyceride, Glyceryl Stearate, Coconut Alkanes, Cetyl Alcohol, Glycerin, Stearic Acid, Glyceryl Stearate Citrate, Stearyl Alcohol, 1,2-Hexanediol, Xantham Gum, Cydonia Oblonga Leaf Extract, Citric Acid, Caprylyl Glycol, Maltodextrin, Bixa Orellana Seed Extract, Citrus Limon (Lemon) Peel Oil, Tocopherol, Spiraea Ulmaria (Meadowsweet) Flower Extract, Rosmarinus Officinalis (Rosemary) Leaf Oil, Mentha Viridis (Spearmint) Leaf Oil, Rosmarinus Officinalis (Rosemary) Leaf Extract, Citrus Medica Limonum (Lemon) Peel Extract, Sodium Hyaluronate
		Salicylic Acid	Exfoliating		
		Bixa Orellana Seed Powder	Purifying		
Gotu Kola Intense Repair Balm	Dry and Sensitive	Gotu Kola	Healing	<ul style="list-style-type: none"> • Warm balm between fingers to melt and activate. • Apply to face and/or body as needed. 	Olea Europaea (Olive) Fruit Oil, Helianthus Annuus (Sunflower) Seed Oil, Cocos Nucifera (Coconut) Oil, Candelilla Cera/Euphorbia Cerifera (Candelilla) Wax/Cire de candelilla, Cera Carnauba/Copernicia Cerifera (Carnauba) Wax/Cire de carnauba, Carthamus Tinctorius (Safflower) Seed Oil, Isocetyl Stearoyl Stearate, Olea Europaea (Olive) Fruit Juice, Calendula Officinalis Flower Extract, Zingiber Officinale (Ginger) Root Oil, Centella Asiatica Leaf Extract, Melia Azadirachta Extract, Moringa Oleifera Seed Oil, Garcinia Indica Seed Butter, Raspberry Seed Oil/Tocopheryl Succinate Aminopropanediol Esters, Hippophae Rhamnoides Fruit Oil, Hypericum Perforatum Flower/Leaf/Stem Extract, Citrus Limon (Lemon) Peel Oil, Tocopherol, Lauroyl Lysine, Silica, Citral, Limonene, Linalool
		Candelilla Wax	Moisturizing		
		Raspberry Seed Oil	Nourishing		
Beech Tree & Ginseng Daily Moisturizer	ALL	Beech Tree	Smoothing	<ul style="list-style-type: none"> • Pea size amount over face and neck using upward and outward movements. • Apply morning and night over serum or after treatment for best results. 	Aqua/Water/Eau, Helianthus Annuus (Sunflower) Seed Oil, Cetearyl Alcohol, Glycerin, Propanediol, Cetearyl Glucoside, Arachidyl Alcohol, Sambucus Nigra Fruit Extract, Sclerotium Gum, Behenyl Alcohol, Butyrospermum Parkii (Shea) Butter, Trehalose, Rosa Damascena Flower Water, Lactobacillus Ferment, Arachidyl Glucoside, Fagus Sylvatica Bud Extract, Artemisia Capillaris Extract, Caprylic/Capric Triglyceride, Populus Tremuloides Bark Extract, Lactobacillus, Benzyl Alcohol, Panax Ginseng Root Extract, Lycium Barbarum Fruit Extract, Cocos Nucifera (Coconut) Fruit Extract, Crithmum Maritimum Extract, Glucose, Rosmarinus Officinalis (Rosemary) Leaf Extract, Olea Europaea (Olive) Fruit Extract, Sodium Benzoate, Leuconostoc/Radish Root Ferment Filtrate, Potassium Sorbate, Benzoic Acid, Cananga Odorata Flower Oil, Citrus Aurantium Dulcis (Orange) Peel Oil, Rosa Damascena Flower Oil, Benzyl Benzoate, Citronellol, Geraniol, Limonene, Linalool
		Ginseng	Firming		
		Goji Berry Extract	Antioxidant		

Did you know...?

Gotu Kola is an herb in the parsley family. It's well-known in ancient Chinese and Ayurvedic medicine for it's wound-healing benefits, but it's also been attributed to increasing blood flow, improving memory function and mood disorders. It is used in both topical and ingestible preparations.



	Skin Type	Key Ingredients	Ingredient Benefit	How to Use	Ingredients
Vitamin C Revitalizing Lotion	Normal to Oily	Vitamin C	Brightening	<ul style="list-style-type: none"> • Pea size amount over face and neck using upward and outward movements. • Apply morning and night over serum or after treatment for best results. • Can be used under another moisturizer. 	Water/Aqua/Eau, Chondrus Crispus (Carrageenan), Glycerin, Helianthus Annuus (Sunflower) Seed Oil, Aloe Barbadensis (Aloe Vera) Leaf Juice, Leuconostoc/Radish Root Ferment Filtrate, Squalane, Rosa Damascena (Rose) Flower Water, Ascorbic Acid/Orange/Citrus Limon/Citrus Aurantifolia Polypeptide, Pueraria Lobata Symbiosome Extract, Triticum Vulgare (Wheat) Germ Oil, Avena Sativa (Oat) Bran Extract, Glycoproteins, Butyrospermum Parkii (Shea) Nut Butter, Phospholipids, Superoxide Dismutase, Borago Officinalis (Borage) Seed Oil, Sclerotium Gum, Urtica Dioica (Nettle) Leaf Extract, Rosa Centifolia (Rose) Bud/Petals Extract, Hydrogenated Lecithin, Rosa Damascena (Rose) Flower Oil, Citrus Sinensis (Blood Orange) Peel Oil, Tilia Cordata (Linden) Flower/Leaf Extract, Rosmarinus Officinalis (Rosemary) Leaf Extract, Xanthan Gum, P-Anisic Acid, Citric Acid
		Kudzu Root Extract	Strengthening		
		Vitamins A & E	Nourishing		
Lavender & Turmeric Protective Moisturizer Broad Spectrum SPF 17	ALL	Lavender	Soothing	<ul style="list-style-type: none"> • Apply a liberal amount to skin 15 minutes prior to sun exposure. • Suitable for daily use. • Non-waterproof. • Reapply at least every two hours. 	ACTIVE INGREDIENTS: Zinc Oxide 7.025% Water (Aqua), Caprylic/Capric Triglyceride, Cetearyl Oliviate, Glycerin, Cyclopentasiloxane, Sorbitan Oliviate, Squalane, Olea Europaea (Olive) Fruit Oil, Glyceryl Iostearate, Leuconostoc/Radish Root Ferment Filtrate, Lonicera Caprifolium (Honeysuckle) Flower Extract, Triticum Vulgare (Wheat) Germ Oil, Tocopherol, Simmondsia Chinensis (Jojoba) Seed Oil, Elaeis Guineensis (Palm) Oil, Tocotrienols, Beta-Sitosterol, Tocopheryl Acetate, Tetrahydrodiferuloylmethane, Tetrahydrobisdimethoxydiferuloylmethane, Tetrahydrodimethoxydiferuloylmethane, Astaxanthin, Lavandula Angustifolia (Lavender) Oil, Cinnamomum Camphora (Camphor) Bark Oil, Beta-Glucan, Caprylyl Glycol, Tropolone, Hamamelis Virginiana (Witch Hazel) Water, Magnesium Aluminum Sillicate, 1,2-Hexanediol, Isopropyl Alcohol, Alcohol Denat., Alcohol, Xanthan Gum, Polyhydroxystearic Acid, Phytic Acid, Citric Acid, Potassium Sorbate
		Zinc Oxide (7.02%)	Sun Protection		
		Turmeric	Antioxidant		
Calendula Essential Hydrating Lotion SPF 30	ALL	Calendula	Calming	<ul style="list-style-type: none"> • After cleansing, apply a generous amount to the face and neck 15 minutes before sun exposure. • Reapply every 2 hours. • Avoid contact with eyes. 	Active Ingredient: Zinc Oxide 15% Aqua/Water/Eau, Coco-Caprylate/Caprinate, C12-15 Alkyl Benzoate, Galactoarabinan, Glycerin, Triethyl Citrate, Cetearyl Alcohol, Behenyl Alcohol, Butyloctyl Salicylate, Propanediol, Cetearyl Glucoside, Carthamus Tinctorius (Safflower) Oleosomes, Sodium Stearoyl Glutamate, Lavandula Angustifolia (Lavender) Oil, Lavandula Angustifolia (Lavender) Flower/Leaf/Stem Extract, Rosa Damascena Flower Oil, Tagetes Minuta Flower Oil, Citrus Aurantium Dulcis (Orange) Flower Oil, Ethyl Ferulate, Undaria Pinnatifida Extract, Polyglyceryl-3 Polyrinoleate, Glyceryl Caprylate, Borago Officinalis Seed Oil, Hydroxyacetophenone, Xylitylglucoside, Coco-Glucoside, Bisabolol, Xanthan Gum, Isostearic Acid, Anhydroxylitol, Citric Acid, Xylitol, Caprylylhydroxamic Acid, Polygonum Aviculare Extract, Potassium Sorbate, Sodium Benzoate, Carthamus Tinctorius (Safflower) Seed Oil, Calendula Officinalis Flower Extract, Trehalose, Xanthophylls
		Knotgrass	Smoothing		
		Micronized Zinc Oxide (15%)	Sun Protection		

Did you know...?

The SPF (Sun Protection Factor) number tells you how long the sun’s UV rays would take to redden your skin. The number is calculated by using the product exactly as directed versus time without sunscreen.

For example, with SPF 30 it would take you approximately 30 times longer to burn than if you weren’t wearing sun protection at all.



	Skin Type	Key Ingredients	Ingredient Benefit	How to Use	Ingredients
Pear Fig Polishing Enzyme Peel	ALL – Ideal for Dry and Mature	Pear Fruit Extract	Enzymatic	<ul style="list-style-type: none"> Apply to damp skin, work into skin in gentle circular motions, then allow peel to rest on skin for 3-5 minutes. 	Pyrus Communis Fruit, Alcohol, Lactic Acid, Aqua/Water/Eau, Jojoba Esters, Xylitylglucoside, Anhydroxylitol, Xanthan Gum, Simmondsia Chinensis Seed Wax, Arginine, Xylitol, Sodium Hydroxide, Ficus Carica (Fig) Fruit Extract, Salix Alba (Willow) Bark Extract, Rubus Idaeus (Raspberry) Seed Extract, Vaccinium Macrocarpon Seed Oil, Cymbopogon Flexuosus Oil, Maltodextrin, Carica Papaya (Papaya) Fruit Extract, Cinnamomum Zeylanicum Bark Oil, Citrus Aurantium Bergamia (Bergamot) Fruit Oil, Helianthus Annuus (Sunflower) Seed Oil, Rosmarinus Officinalis (Rosemary) Leaf Extract, Dehydroacetic Acid, Benzyl Alcohol, Potassium Sorbate, Sodium Benzoate, Cinnamal, Citral, Limonene, Linalool
		Lactic Acid (5% pH: 3.5)	Exfoliating		
		Jojoba Beads	Polishing		
Pumpkin Purifying Enzyme Peel	ALL – Ideal for Oily or Blemish-prone	Pumpkin Fruit Puree	Enzymatic	<ul style="list-style-type: none"> Apply to damp skin for 3-5 minutes. For best result, use in shower so the steam can enhance the exfoliating action. 	Cucurbita Pepo (Pumpkin), Aqua/Water/Eau, Propanediol, Glycerin, Lactic Acid, Lonicera Japonica (Honeysuckle) Flower Extract, Dehydroxanthan Gum, Gluconic Acid, Hydroxypropyl Methylcellulose, Sodium Hydroxide, Lonicera Caprifolium (Honeysuckle) Flower Extract, Potassium Sorbate, Sodium Gluconate, Fragrance/Parfum, Eugenia Caryophyllus (Clove) Leaf Oil, Thymol, Mentha Piperita (Peppermint) Leaf Extract, Origanum Vulgare (Oregano) Leaf Extract, Rosmarinus Officinalis (Rosemary) Leaf Oil, Lavandula Angustifolia (Lavender) Oil, Citrus Limon (Lemon) Peel Oil, Hydrastis Canadensis (Goldenseal) Root Extract, Olea Europaea (Olive) Leaf Extract, Cinnamomum Zeylanicum (Cinnamon) Bark Extract
		Lactic Acid (3% pH: 3.5)	Exfoliating		
		Cinnamon Bark, Oregano & Rosemary Extract	Purifying		
Sweet Cherry Brightening Enzyme Peel	ALL – Ideal for Dull Skin	Sweet Cherry Fruit Puree	Antioxidant	<ul style="list-style-type: none"> Apply to damp skin for 3-5 minutes. For best result, use in shower so the steam can enhance the exfoliating action. 	Prunus Avium (Sweet Cherry) Seed Oil, Glycerin, Aqua/Water/Eau, Lactic Acid (L), Salicylic Acid, Tartaric Acid (L), Wine Extract, Mandelic Acid (L), Bromelain, Malic Acid (L), Punica Granatum (Pomegranate) Extract, Prunus Serotina (Wild Cherry) Bark Extract, Vitis Vinifera (Grape) Seed Extract, Lycopene, Sodium Metabisulfite, Xanthan Gum, Lonicera Caprifolium (Honeysuckle) Flower Extract, Hamamelis Virginiana (Witch Hazel) Water, Alcohol, Lonicera Japonica (Honeysuckle) Flower Extract, Potassium Sorbate
		Lactic Acid (5% pH 3.5)	Exfoliating		
		Bromelain	Enzymatic		

“The reality is there is no point investing in expensive serums or moisturizers if you have a layer of dead skin cells glued to the surface of your skin. Save your money, as the products won’t penetrate the skin effectively.”

“We use fruit enzymes as they penetrate the skin more deeply and act as little Pac-Men, breaking down the protein bonds that hold dead skin cells together. In this way they accomplish the task of refining the skin’s surface but without the irritation that can be caused by mechanical scrubs and/or harsh acids. This makes them the perfect exfoliant for homecare. Not only will you get a deeper peel, but the aromatic bouquet from the fruit pulp makes for an intoxicating beauty ritual; do it two or three times a week.”

Barbara Close from her book: The Naturopathica Effect

Sandra R. ★★★★★ VERIFIED BUYER 2/5/22

Sweet Cherry Brightening Peel is Terrific
I’ve been using this peel for 3-4 years. My aging skin and sunspots have dramatically improved. I love this peel because it is so gentle and really works.

Teresa B. ★★★★★ VERIFIED BUYER 2/4/22

Love ❤️
This is the best product where you see instant results.
One of my favorite products from Naturopathica!!

Heidi B. ★★★★★ VERIFIED BUYER 12/10/21

Great addition to my skincare routine
Gentle product with a noticeable brightening effect.



	Skin Type	Key Ingredients	Ingredient Benefit	How to Use	Ingredients
White Tea Antioxidant Mask	Dry or Mature	White Tea Leaf Extract	Antioxidant	<ul style="list-style-type: none"> Apply a thin layer to clean skin. Leave on for up to 10 minutes. Rinse. Can also be used overnight. 	Water/Aqua/Eau, Helianthus Annuus (Sunflower) Seed Oil*, Aloe Barbadensis(Aloe Vera) Leaf Juice*, Cetearyl Alcohol, Cetearyl Glucoside, Xylitylglucoside, Anhydroxylytol, Xylitol, Ceatearyl Wheat Straw Glycosides, Glycerin, Populus Tremuloides (Aspen) Bark Extract, Crithmum Maritimum Extract, Oryza Sativa (Rice) Seed Extract*, Camellia Sinensis (White Tea) Leaf Extract*, Borago Officinalis (Borage) Seed Extract, Bisabolol, Rosmarinus Officinalis (Rosemary) Leaf Extract*, Cananga Odorata (Ylang Ylang) Flower Oil*, Rosa Damascena(Rose) Flower Oil*, P-Anisic Acid, Xanthan Gum
		Borage Seed Oil	Conditioning		
		Rosemary Leaf Extract	Toning		
Watercress & Spirulina Detox Mask	ALL – Ideal for Oily or Blemish-prone	Watercress	Detoxifying	<ul style="list-style-type: none"> Powder formula – mix with water until desired consistency is achieved. Apply to skin and leave on 10-15 minutes. Rinse. 	Bentonite, Kaolin, Magnesium Sulfate (Epsom Salt), Illite (French Green Clay), Zeolite, Spirulina Platensis (Spirulina) Extract , Sodium Bicarbonate, Citric Acid, Montmorillonite, Volcanic Ash (Hot Spring Powder), Nasturtium Officinale (Watercress) Extract, Sodium Benzoate , Sulfur, Mentha Viridis (Spearmint) Leaf Oil, Citrus Limon (Lemon) Peel Oil ,Rosmarinus Officinalis (Rosemary) Leaf Oil, Chlorphenesin, Vanillyl Butyl Ether, Acacia Senegal Gum, Agar
		Spirulina	Healing		
		Volcanic Spring Powder	Purifying		
Manuka Honey Hydrating Gel Mask	ALL	Manuka Honey	Healing	<ul style="list-style-type: none"> Apply a generous amount to the face, avoiding the eye area. Let mask sink in for 15-20 minutes or overnight. Rinse. 	Aqua/Water/Eau, Glycerin , Saccharide Isomerate, Xanthan Gum, Glyceryl Caprylate, Fragrance(Parfum), Hydrolyzed Sodium Hyaluronate, Caprylhydroxamic Acid , Mel/Honey/Miel, Opuntia Ficus-Indica Stem Extract, Melia Azadirachta Leaf Extract, Melia Azadirachta Flower Extract, Corallina Officinalis Extract, Curcuma Longa (Turmeric) Root Extract, Citric Acid, Ocimum Basilicum (Basil) Flower/Leaf Extract, Disodium Phosphate, Ocimum Sanctum Leaf Extract, Sodium Citrate, Benzyl Alcohol, Limonene, Linalool, Anise Alcohol, Benzyl Salicylate
		Prickly Pear Extract	Antioxidant		
		Saccharide Complex	Hydrating		
Chlorophyll & Salicylic Acid Acne Clearing Spot Treatment	ALL – Ideal for Oily or Blemish-prone	Salicylic Acid 2%	Exfoliating	<ul style="list-style-type: none"> Apply a thick, even layer of the treatment directly on the blemish. Do not massage in. Allow to dry thoroughly for 20 minutes or overnight. In the morning, or when product is dry to the touch, gently peel off. Rinse any residue with warm water. 	ACTIVE INGREDIENTS: Salicylic Acid 2.0% Water (Aqua), Propanediol, Aloe Barbadensis Leaf Juice, Alcohol, Algin, Hamamelis Virginiana (Witch Hazel) Water, Maltodextrin, Bixa Orellana Seed Extract, Glycerin, Nymphaea Caerulea Flower Extract, Nelumbo Nucifera Flower Extract, Medicago Sativa (Alfalfa) Extract, Hydrolyzed Pea Protein, Caramel, Citrus Limon (Lemon) Peel Oil, Rosmarinus Officinalis (Rosemary) Leaf Oil, Mentha Viridis (Spearmint) Leaf Oil, Sodium Benzoate, Potassium Sorbate, Rosmarinus Officinalis (Rosemary) Leaf Extract
		Chlorophyll	Healing		
		Lotus Flower & Bixa Orellana Seed Powder	Mattifying		

Customer Testimonial – White Tea Antioxidant Mask

Super hydrating!

I use this as a night cream when my skin feels super dry, dehydrated or chapped. My skin is also super sensitive, and this is never irritating. Love it!







	Skin Type	Key Ingredients	Ingredient Benefit	How to Use	Ingredients
Chill Chocolate Vine Stress Mask	ALL – Ideal for those with Stress Reactive Skin	Chocolate Vine	Lifting	<ul style="list-style-type: none"> Apply a thick layer of the mask to cleansed skin, avoiding the immediate eye area. Leave on for 10-15 minutes. Rinse. 	Aqua/Water/Eau, Glycerin, Cetearyl Alcohol, Cocos Nucifera (Coconut) Oil, Simmondsia Chinensis (Jojoba) Seed Oil, Oryza Sativa (Rice) Bran Oil, Glyceryl Stearate Citrate, Olus Oil, Sclerotium Gum, Glyceryl Caprylate, Magnesium Sulfate, Helichrysum Italicum Flower/Leaf/Stem Oil, Tocopherol, Citric Acid, Sodium Levulinate, Sodium Anisate, Amethyst Extract, Sodium Metabisulfite, Tanacetum Annuum Flower/Leaf/Stem Oil, Resveratrol, Vitis Vinifera (Grape) Fruit Extract, Leuconostoc/Radish Root Ferment Filtrate, Tasmannia Lanceolata Fruit/Leaf Extract
		Niacinamide	Brightening		
		Fair Trade Cocoa Butter	Nourishing		
Amethyst Peace Mask	ALL	Amethyst	“Peaceful”	<ul style="list-style-type: none"> Apply a thick layer of the mask to cleansed skin, avoiding the immediate eye area. Leave on for 10-15 minutes. Rinse. 	Aqua/Water/Eau, Glycerin, Cetearyl Alcohol, Cocos Nucifera (Coconut) Oil, Simmondsia Chinensis (Jojoba) Seed Oil, Oryza Sativa (Rice) Bran Oil, Glyceryl Stearate Citrate, Olus Oil, Sclerotium Gum, Glyceryl Caprylate, Magnesium Sulfate, Helichrysum Italicum Flower/Leaf/Stem Oil, Tocopherol, Citric Acid, Sodium Levulinate, Sodium Anisate, Amethyst Extract, Sodium Metabisulfite, Tanacetum Annuum Flower/Leaf/Stem Oil, Resveratrol, Vitis Vinifera (Grape) Fruit Extract, Leuconostoc/Radish Root Ferment Filtrate, Tasmannia Lanceolata Fruit/Leaf Extract
		Tasmanian Pepperberry	Calming		
		Magnesium	Soothing		
Green Tourmaline Energy Mask	ALL	Green Tourmaline	“Powerful”	<ul style="list-style-type: none"> Apply a thick layer of the mask to cleansed skin, avoiding the immediate eye area. Leave on for 10-15 minutes. Rinse. 	Glycerin, Kaolin, Aloe Barbadosensis Leaf Juice, Helianthus Annuus Seed Oil, Hydroxypropyl Starch Phosphate, Sodium Starch Octenylsuccinate, Aqua/Water/Eau, Sodium Levulinate, Glyceryl Caprylate, Cymbopogon Citratus Leaf/Stem Oil, Sodium Anisate, Tourmaline Extract, Chlorophyllin-Copper Complex, Backhousia Citriodora Leaf Extract, Eucalyptus Globulus Leaf Extract, Rosmarinus Officinalis Leaf Extract, Leuconostoc/Radish Root Ferment Filtrate, Citric Acid, Manganese Gluconate, Wasabia Japonica Root Extract
		Wasabi	Calming		
		Manganese	Conditioning		
Ruby & Dragon’s Blood Love Mask	ALL – Ideal for Dry or Mature	Ruby	“Loving”	<ul style="list-style-type: none"> Apply a thick layer of the mask to cleansed skin, avoiding the immediate eye area. Leave on for 10-15 minutes. Rinse. 	Aqua/Water/Eau, Prunus Armeniaca Kernel Oil, Caprylic/Capric Triglyceride, Glycerin, Potassium Stearate, Argania Spinosa Kernel Oil, Butyrospermum Parkii Butter, Cetearyl Alcohol, Olus Oil, Glyceryl Stearate, Glycol Stearate, Hibiscus Sabdariffa Flower, Propanediol, Pelargonium Roseum Leaf Oil, Sodium Levulinate, Synthetic Beeswax, Tocopherol, Xanthan Gum, Glyceryl Caprylate, Helianthus Annuus Seed Oil, Sodium Anisate, Citric Acid, Rosa Canina Seed Extract, Sodium Metabisulfite, Croton Lechleri Resin Extract, Ruby Extract, Cyanocobalamin, Charcoal Powder, Copper Carbonate Hydroxide, Leuconostoc/Radish Root Ferment Filtrate, Alkanna Tinctoria Root Extract, Citronellol, Geraniol, Linalool
		Dragon’s Blood	Rejuvenating		
		Copper	Firming		

Amethyst Peace Mask: This whipped gemstone mask, infused with harmonizing amethyst and soothing Tasmanian pepperberry, helps balance red, irritated skin. For centuries, healers have used the power of precious gemstones to align chakras and balance a person through energy. This mask will leave you in a state of peace with calm, comforted skin.

Green Tourmaline Energy Mask: This warming gemstone mask, infused with the powerful energy of green tourmaline and wasabi, will leave you mentally recharged and with a nourished, dewy complexion.

Ruby & Dragon’s Blood Love Mask: This creamy gemstone mask, infused with the passion of precious ruby and rejuvenating dragon’s blood, targets elasticity and reduces the appearance of fine lines and wrinkles. Healers have used precious gemstones to align chakras and balance a person through energy. This mask will leave you feeling invigorated and with a revitalized complexion.

	Skin Type	Key Ingredients	Ingredient Benefit	How to Use	Ingredients
	ALL – Ideal for lines and wrinkles	Argan Sprout Cell Extract	Toning	<ul style="list-style-type: none"> Use fingertips to gently press a small amount around the eye area morning and night. 	Water/Aqua/Eau, Squalane, Glycerin, Cocoglycerides, Glyceryl Triacetate Ricinoleate, Bellis Perennis (Daisy) Flower Extract, C10-18 Triglycerides, Candelilla/Jojoba/Rice Bran Polyglyceryl-3 Esters, Glyceryl Stearate, Cetearyl Alcohol, Sodium Stearoyl Lactylate, Butyrospermum Parkii (Shea) Butter, Palmitoyl Tripeptide-38, Argania Spinosa (Argan) Sprout Cell Extract, Leontopodium Alpinum (Edelweiss) Meristem Cell Culture, Superoxide Dismutase, Ascorbyl Dipalmitate, Hydrolyzed Rice Protein, Glycine Soja (Soybean) Protein, Hippophae Rhamnoides (Sea Buckthorn) Oil, Tamarindus Indica (Tamarind) Seed Polysaccharide, Porphyridium Cruentum (Red Algae) Extract, Phospholipids, Linoleic Acid, Linolenic Acid, Isomalt, Glucose, Pullulan, Hydroxypropyl Methylcellulose, Hydroxypropyl Cyclodextrin, Lactoperoxidase, Glucose Oxidase, Citric Acid, Sclerotium Gum, Xanthan Gum, Sodium Phytate
		Palmitoyl Tripeptide-38	Firming		
		Edelweiss Meristem Cell Culture	Strengthening		
	ALL – Ideal for Mature Skin	Retinol	Regenerating	<ul style="list-style-type: none"> After cleansing, gently pat a small amount around the eye area. Start by using twice a week on non-consecutive <u>nights</u> for 2 weeks. Mild redness and flaking may occur as skin adjusts. Slowly build up to using once or twice a day. 	Aqua/ Water/Eau, Glycerin,Caprylic/Capric Triglyceride, Sodium Acrylates Copolymer, Avena Sativa (Oat) Kernel Extract,Tetrahexyldecyl Ascorbate,Glycine Soja (Soybean) Oil, Propanediol, Persea Grattissima (Avocado) Oil, Hydrogenated Polyisobutene, Caprylyl Glycol, Lecithin, Tocopheryl Acetate, Phospholipids, Polyglyceryl-10 Stearate, Helianthus Annuus (Sunflower) Seed Oil, Retinol, Cylindrotheca Fusiformis Extract, Caprylhydroxamic Acid, Tetrasodium Glutamate Diacetate, Aesculus Hippocastanum (Horse Chestnut) Seed Extract, Sodium Hyaluronate Crosspolymer, Polyglyceryl-6 Caprylate, Sodium Hydroxide, Polyglyceryl-3 Cocoate, Polyglyceryl-4 Caprate, Polyglyceryl-6 Ricinoleate, Acetyl Tetrapeptide-5, Tocopherol, Beta-Glucan, Passiflora Edulis Seed Oil, Coelastrella Vacuolata Oil, Watanabea Reniformis Oil, Sucrose, Potassium Sorbate, Sodium Benzoate,1,2-Hexanediol, Sorbic Acid, Pentylene Glycol, Sodium Glycolate, Sodium Formate, Chlorphenesin
		Passion Fruit	Antioxidant		
		Peptide	Firming		
	ALL	Evening Primrose Oil	Hydrating	<ul style="list-style-type: none"> Use fingertips to gently press a small amount around the eye and upper lip area morning and night. 	Water/Aqua/Eau, Helianthus Annuus (Sunflower) Seed Oil, Cetearyl Alcohol, Cetearyl Glucoside, Oenothera Biennis (Evening Primrose) Oil*, Rosa Damascena (Rose) Flower Water*, Populus Tremuloides (Aspen) Bark Extract, Glycerin, Cetearyl Wheat Straw Glycosides, Xylitylglucoside, Anhydroxylytol, Xylitol, Euterpe Oleracea (Acai) Pulp Oil*, Dipalmitoyl Hydroxyproline, Crithmum Maritimum Extract, Vanillosmopsis Erythropappa (Bisabolol) Wood Oil, Rosa Damascena (Rose) Flower Oil, Pelargonium Graveolens (Geranium) Flower Oil, Xanthan Gum, Rosmarinus Officinalis (Rosemary) Leaf Extract*, P-Anisic Acid
		Acai Pulp Oil	Antioxidant		
		Dipalmitoyl Hydroxyproline	Smoothing		
	ALL – Ideal for Dark Circles	Niacinamide	Brightening	<ul style="list-style-type: none"> Use fingertips to gently press a small amount around the eye area morning and night. 	Decyl Oleate, Aqua/Water/Eau, Silica, Lauroyl Lysine, Glycerin, Dicaprylyl Ether, Candelilla Cera/Euphorbia Cerifera (Candelilla)Wax/Cire de candelilla, Lactobacillus Ferment, Magnesium Sulfate, Dextrin Palmitate, Polyglyceryl-2 Dipolyhydroxystearate, Camellia Oleifera Seed Oil, Niacinamide, Polyglyceryl-3 Disostearate, Sodium Chloride, Sodium PCA, Phytanadione, Sambucus Nigra Fruit Extract, Fructose, Lactobacillus, Polyglyceryl-10 Hexaoleate, Polyglyceryl-6 Polyrinoleate, Cocos Nucifera (Coconut) Fruit Extract, Aesculus Hippocastanum (Horse Chestnut) Extract, Bisabolol, Mica, Titanium Dioxide (CI 77891)
		Vitamin K	Revitalizing		
		Mica	Light Reflecting		

Did you know...?

The skin around the eye area is up to 40% thinner than the skin on the rest of the face. Since this area is thinner, concerns like dehydration and sluggish circulation are more apparent. For best results, utilize products that are specially formulated for these concerns on a daily basis.



**Calendula &
Butterfly Ginger
Eye Cream
SPF 40**

Skin Type	Key Ingredients	Ingredient Benefit
ALL	Calendula Flower Extract	Soothing
	Butterfly Ginger	Antioxidant
	Micronized Zinc Oxide	Sun Protection

How to Use

- Gently apply a small amount around the eye area by patting with ring finger until absorbed
- Wait 15 minutes before sun exposure.
- Avoid direct contact with eyes.

Ingredients

Active Ingredient: Zinc Oxide 19%
Water (Aqua), Coco-Caprylate/Caprinate, Glycerin, Galactoarabinan, C12-16 Alcohols, Neopentyl Glycol Diheptanoate, Cetearyl Alcohol, Butyloctyl Salicylate, Isododecane, Propanediol, Griffonia Simplicifolia Seed Extract, Caprylic/Capric Triglyceride, Undaria Pinnatifida Extract, Polyglyceryl-3 Polycinoleate, Hydrogenated Lecithin, Palmitic Acid, 1,2-Hexanediol, Borago Officinalis Seed Oil, Caprylyl Glycol, Hydrolyzed Vegetable Protein, Xylitylglucoside, Isostearic Acid, Cetearyl Glucoside, Xanthan Gum, Anhydroxylitol, Citric Acid, Trehalose, Camellia Sinensis Leaf Extract, Lactobacillus Ferment Lysate, Punica Granatum Flower Extract, Xylitol, Polyhydroxystearic Acid, Lecithin, Hedychium Coronarium Root Extract, Lactobacillus Ferment, Leucanostoc/Radish Root Ferment Filtrate, Polygonum Aviculare Extract, Caffeine, Potassium Sorbate, Sodium Benzoate, Carthamus Tinctorius (Safflower) Seed Oil, Calendula Officinalis Flower Extract, Xanthophylls



**Chill Chocolate
Vine
Restorative Eye
Balm**

Skin Type	Key Ingredients	Ingredient Benefit
ALL	Chocolate Vine (Akebia quinanta)	Lifting
	Avocado	Smoothing
	Babassu	Light Reflecting

How to Use

- Gently pat a small amount around the eye area, morning and night.

Ingredients

Aqua/Water/Eau, Glycerin, Hydrogenated Palm Kernel Glycerides, Glyceryl Stearate, Isoamyl Laurate, Butyrospermum Parkii (Shea) Butter, Coco-Caprylate/Caprinate, Niacinamide, Squalane, Propanediol, C13-15 Alkane, Cetearyl Alcohol, Helianthus Annuus (Sunflower) Seed Oil, Theobroma Cacao (Cocoa) Seed Butter, Tribehenin, Persea Gratissima Fruit Extract, Akebia Quinata Extract, Sorghum Bicolor Leaf/Stem Extract, Glucose, Potassium Alum, Glyceryl Dibehenate, Cetearyl Glucoside, Hydrogenated Palm Glycerides, Sodium Polyacrylate, Tridecyl Trimellitate, Glyceryl Behenate, Amylose, Tocopherol, Sorbitan Isostearate, Hydroxyethyl Acrylate/Sodium Acryloyldimethyl Taurate Copolymer, Hydroxyacetophenone, Xanthan Gum, Amylopectin, Sodium Phytate, Citric Acid, Sodium Hydroxide, Caramel, Calcium Carbonate, 1,2-Hexanediol, Caprylyl Glycol



**Honey Vanilla
Lip Balm**

Skin Type	Key Ingredients	Ingredient Benefit
ALL	Honey	Moisturizing
	Bourbon Vanilla Fruit Extract	Conditioning
	Shea + Mango Butter	Nourishing

How to Use

- Apply to lips as needed

Ingredients

Olea Europaea (Olive) Fruit Oil, Cera Alba/ Cire d'Abeille (Beeswax), Mel/Honey/Miel, Octyldodecanol, Irvingia Gabonensis (Wild Mango) Kernel Butter, Hydrogenated Coco-Glycerides, Butyrospermum Parkii (Shea) Nut Butter, Citrus Reticulata (Tangerine) Peel Oil, Vanilla Planifolia (Bourbon Vanilla) Fruit Extract, Citrus Aurantium Dulcis (Orange) Peel Wax, Citrus Sinensis (Orange) Peel Oil, Rosmarinus Officinalis (Rosemary) Leaf Extract*, Helianthus Annuus (Sunflower) Seed Oil



**Sweet Cherry
Conditioning Lip
Butter**

Skin Type	Key Ingredients	Ingredient Benefit
ALL	Sweet Cherry Puree	Antioxidant
	Pomegranate-Joboba Complex	Moisturizing
	Moringa Seed Oil	Nourishing

How to Use

- Apply a generous amount to lips as needed.
- Ideal after the Sweet Cherry Polishing Lip Scrub.
- Can be used overnight.

Ingredients

Hydrogenated Polyisobutene, Butyrospermum Parkii (Shea) Butter, Carthamus Tinctorius (Safflower) Seed Oil, Candelilla Cera/ Euphorbia Cerifera (Candelilla) Wax/ Cire de Candelilla, Simmondsia Chinensis (Jojoba) Seed Oil, Diisostearyl Malate, C10-18 Triglycerides, Ricinus Communis (Castor) Seed Oil, Tridecyl Trimellitate, Ethylhexyl Palmitate, Bis-Behenyl/Phytosteryl Dimer Dilinoleate, Olea Europaea (Olive) Fruit Oil, Flavor/Aroma, Vegetable Oil, Eclipta Prostrata Leaf Extract, Prunus Avium (Sweet Cherry) Seed Oil, Oryza Sativa (Rice) Bran Extract, Hydrogenated Castor Oil, Caprylyl Glycol, Punica Granatum Flower Extract, Ethylhexylglycerin, Polyglyceryl-3 Diisostearate, Sodium Saccharin, Tocopherol, Helianthus Annuus (Sunflower) Extract, Melia Azadirachta Leaf Extract, Camellina Sativa Seed Oil, Rosmarinus Officinalis (Rosemary) Leaf Extract, Moringa Oleifera Seed Oil



**Sweet Cherry
Polishing Lip
Scrub**

Skin Type	Key Ingredients	Ingredient Benefit
ALL	Cherry Seed Powder	Polishing
	Sweet Cherry Puree	Antioxidant
	Hibiscus Flower Extract	Exfoliating

How to Use

- Gently massage a small amount onto damp lips. Remove.
- Use before applying lip balm or lipstick.
- Follow with the Sweet Cherry Conditioning Lip Butter.

Ingredients

Sucrose, Carthamus Tinctorius (Safflower) Seed Oil, Simmondsia Chinensis (Jojoba) Seed Oil, Butyrospermum Parkii (Shea) Butter, Bis-Behenyl/Phytosteryl Dimer Dilinoleate, Prunus Cerasus (Bitter Cherry) Shell Powder, Cera Carnauba/Copernicia Cerifera (Carnauba) Wax/Cire de carnauba, Olea Europaea (Olive) Fruit Oil, Cetyl Alcohol, Candelilla Cera/ Euphorbia Cerifera (Candelilla) Wax/ Cire de candelilla, Fragrance(Parfum), Eclipta Prostrata Extract, Stearyl Alcohol, Prunus Avium (Sweet Cherry) Seed Oil, Eclipta Prostrata Leaf Extract, Oryza Sativa (Rice) Bran Extract, Tocopherol, Caprylyl Glycol, Ethylhexylglycerin, Helianthus Annuus (Sunflower) Extract, Moringa Oleifera Seed Oil, Aqua/Water/Eau, Rosmarinus Officinalis (Rosemary) Leaf Extract, Hibiscus Sabdariffa Flower Extract, *Amyl Cinnamal, *Benzyl Salicylate, *Citronellol, *Geraniol, *Hexyl Cinnamal, *Limonene, *Linalool



	Skin Type	Key Ingredients	Ingredient Benefit	How to Use	Ingredients
Carrot Seed Soothing Facial Oil	ALL – Ideal for Sensitive	Carrot Seed Oil	Rejuvenating	<ul style="list-style-type: none"> Apply a small amount to moist skin and gently massage in. Avoid contact with eyes. 	Helianthus Annuus (Sunflower) Seed Oil, Oenothera Biennis (Evening Primrose) Seed Oil, Daucus Carota (Carrot) Seed Oil, Simmondsia Chinensis (Jojoba) Seed Oil, Daucus Carota (Carrot) Root Extract, Rosa Damascena (Rose) Flower Oil, Cananga Odorata (Ylang Ylang) Flower Oil, Lavandula Angustifolia (Lavender) Flower Oil, Rosmarinus Officinalis (Rosemary) Leaf Extract
		Evening Primrose Seed Oil	Conditioning		
		Carrot Root Extract	Antioxidant		
Rosehip Seed & Immortelle Regenerating Facial Oil	ALL – Ideal for Dry or Mature	Rosehip Seed Oil	Antioxidant	<ul style="list-style-type: none"> Apply a small amount of oil to fingertips and massage into skin in a circular motion. Facial oil may also be added to moisturizers or used alone over serums. 	Helianthus Annuus (Sunflower) Seed Oil, Rosa Canina Seed Oil, Prunus Armeniaca (Apricot) Kernel Oil, Simmondsia Chinensis (Jojoba) Seed Oil, Rosmarinus Officinalis (Rosemary) Leaf Extract, Pelargonium Graveolens Flower Oil, Tocopherol, Boswellia Neglecta Resin Oil, Helichrysum Italicum Flower Oil, Chamomilla Recutita (Matricaria) Flower Extract.
		Immortelle	Restorative		
		Pomegranate	Antioxidant		
Holy Basil & Retinol Ageless Night Oil	ALL – Ideal for Mature	Retinol	Regenerating	<ul style="list-style-type: none"> After cleansing, apply a small amount to moist skin and gently massage in. Avoid contact with eyes. If contact occurs, rinse with water. 	Helianthus Annuus (Sunflower) Seed Oil*, Oenothera Biennis (Evening C13-15 Alkane, Persea Gratissima (Avocado) Oil, Glycine Soja (Soybean) Oil, Caprylic/Capric Triglyceride, Avena Sativa (Oat) Kernel Extract, Tetrahexyldecyl Ascorbate, Helianthus Annuus (Sunflower) Seed Oil, Melia Azadirachta Leaf Extract, Melia Azadirachta Flower Extract, Corallina Officinalis Extract, Bakuchiol, Retinol, Coccinia Indica Fruit Extract, Lavandula Angustifolia (Lavender) Oil, Lavandula Hybrida Oil, Solanum Melongena (Eggplant) Fruit Extract, Aloe Barbadensis Flower Extract, Limnanthes Alba (Meadowfoam) Seed Oil, Linum Usitatissimum (Linseed) Seed Oil, Passiflora Edulis Seed Oil, Vaccinium Macrocarpon (Cranberry) Seed Oil, Rosa Canina Seed Oil, Raphanus Sativus (Radish) Seed Oil, Cyllindrotheca Fusiformis Extract, Simmondsia Chinensis (Jojoba) Seed Oil, Lavandula Angustifolia (Lavender) Flower/Leaf/Stem Extract, Curcuma Longa (Turmeric) Root Extract, Ocimum Basilicum (Basil) Flower/Leaf Extract, Ocimum Sanctum Leaf Extract, Coelastrella Vacuolata Oil, Watanabea Reniformis Oil, Anthemis Nobilis Flower Oil, Tocopherol, Rosmarinus Officinalis (Rosemary) Leaf Extract, Geraniol, Limonene, Linalool
		Bakuchiol	Brightening		
		Holy Basil	Smoothing		

“One way you can fortify and protect your skin is by using a facial oil. Unfortunately, many commercial facial oils contain base oils that have been extracted using a synthetic solvent such as hexane. Residues from hexane irritate the skin and can cause breakouts and rashes. Since (our cold-pressed) oils are not heated extensively during the extraction process, they contain more healthy vitamins, essential fatty acids, and antioxidants that feed the skin.”

Barbara Close from her book: The Naturopathica Effect

Lauren P. ★★★★★ VERIFIED BUYER 1/27/22
So soothing
 This oil smells so refreshing and is so soothing for my redness and rosacea on my face. I absolutely love how it makes my face feel afterwards and it has really been helping with the dryness and redness in this cold dry winter.

Katie L. ★★★★★ VERIFIED BUYER 12/17/21
New Staple
 This oil has done wonders for my complexion. I mix a drop or two with my favorite daily moisturizer and it has become an essential part of my skin care routine. Absolutely love it!



	Skin Type	Key Ingredients	Ingredient Benefit	How to Use	Ingredients
Chill Full Spectrum CBD & Kava Balm	ALL	Hemp Flower Oil	Cannabinoid	<ul style="list-style-type: none"> • Warm a nickel-sized amount of balm between hands and apply to local areas as needed. • For external use only. 	Olea Europaea (Olive) Fruit Oil, Hydrogenated Vegetable Oil, Butyrospermum Parkii (Shea) Butter, Ricinus Communis (Castor) Seed Oil, Cannabis Sativa Seed Oil, Cera Alba (Beeswax, Cire d'abeille), Nigella Sativa Seed Oil, Mangifera Indica (Mango) Seed Butter, Citrus Aurantium Dulcis (Orange) Peel Wax, Cannabis Sativa Flower Extract, Boswellia Carterii Resin Extract, Curcuma Longa (Turmeric) Root Extract, Rhus Verniciflua Peel Wax, Rhus Succedanea Fruit Wax, Vetiveria Zizanioides Root Oil, Santalum Spicatum Seed Oil, Cinnamomum Camphora (Camphor) Leaf Oil, Helianthus Annuus (Sunflower) Seed Oil, Tocopherol, Ascorbyl Palmitate, Piper Methysticum Root, Pelargonium Graveolens Flower Oil, Aqua (Water, Eau), Rosmarinus Officinalis (Rosemary) Leaf Extract, Lavandula Angustifolia (Lavender) Flower Oil, Hippophae Rhamnoides Fruit Extract, Zingiber Officinale (Ginger) Root Oil, Tanacetum Annuum Flower Oil, Pogostemon Cablin Leaf Oil, Calendula Officinalis Flower Extract, Epilobium Angustifolium Flower/Leaf/Stem Extract, Propanediol, Citronellol, Limonene, Linalool, Geraniol
		Kava Root Extract	Calming		
		Vetiver Oil	Grounding		

What's the difference between Marijuana, Cannabis and Hemp?

Hemp and Marijuana are both Cannabis, just different varieties of the same genus. From the wild plants (Cannabis sativa, C. indica, and C. ruderalis), come hybrids of Hemp and Marijuana. Both are born and bred separately for specific purposes.

This concept is similar to how the Jack Russell Terrier, Poodle and Wolf are all related to each other. All are Canine, although within the genus are the different breeds, designed by humans each for different purposes from the original form. This is achieved by selecting for different traits that people find desirable for various reasons. While the wolf is naturally occurring, the Poodle and Terrier are not. Likewise, this is the case within the Cannabis genus and strains therein. So, saying "Cannabis" is like saying "Canine" in that it encompasses all of the above. The plant is naturally occurring, while the strains are not.

The polarizing factor between Hemp and Marijuana, is the level of THC / CBD each strain contains within the two categories. Hemp contains low levels of THC (tetrahydrocannabinol), and higher levels of CBD (cannabidiol) whereas Marijuana contains high levels of THC and lower levels of CBD. These are the two components that get the most attention from the press, although there are well over 100 cannabinoids...and counting!

Generally speaking, Hemp is used to make dietary supplements, food products, paper, fabric, and even plastics. Marijuana is used for medicinal and recreational purposes exclusively.

What does "Full Spectrum" mean?

Full Spectrum, in this context, refers to the diversity of chemical constituents in the oil being used. Naturopathica's CBD is labeled "Full spectrum," because a concentrated CO2 extraction of CBD has been added to a Hempseed base oil.

"Hempseed oil" is extracted from cold pressing the seeds of the hemp plant and is the stuff you see in the health food store. This oil offers all the nutritive benefits of Cannabis that serve to carry the more potent chemicals to cell receptors.

AROMATHERAPY



	Skin Type	Key Ingredients	Ingredient Benefit	How to Use	Ingredients
Chill Aromatic Alchemy	ALL	Bee Balm	Sweet	<ul style="list-style-type: none"> Place 2-3 drops into palms and rub hands together briskly. Inhale deeply. Not intended for use in a diffuser. 	Helianthus Annuus (Sunflower) Seed Oil, Simmondsia Chinensis (Jojoba) Seed Oil, Litsea Cubeba Fruit Oil, Citrus Reticulata (Tangerine) Peel Oil, Santalum Spicatum (Sandalwood) Wood Oil, Anthemis Nobilis (Roman Chamomile) Flower Oil, Aloysia Triphylla (Lemon Verbena) Flower/Leaf Oil, Citrus Aurantium Amara (Neroli) Flower Oil, Chamomilla Recutita (Matricaria) Flower Extract, Origanum Majorana (Marjoram) Oil, Melissa Officinalis (Balm) Leaf Extract, Tanacetum Annuum Flower Oil, Rosmarinus Officinalis (Rosemary) Leaf Extract
		Neroli Flower Oil	Floral		
		Lemon Verbena Leaf & Flower Oil	Citrus		
Re-Boot Aromatic Alchemy	ALL	Lemongrass Leaf Oil	Citrus	<ul style="list-style-type: none"> Place 2-3 drops into palms and rub hands together briskly. Inhale deeply. Not intended for use in a diffuser. 	Helianthus Annuus (Sunflower) Seed Oil, Simmondsia Chinensis (Jojoba) Seed Oil, Rosmarinus Officinalis (Rosemary) Leaf Oil, Mentha Piperita (Peppermint) Leaf Oil, Cymbopogon Flexuosus (Lemongrass) Leaf Oil, Zingiber Officinale (Ginger) Root Oil, Ocimum Sanctum (Basil) Leaf Oil, Rosmarinus Officinalis (Rosemary) Leaf Extract
		Peppermint Leaf Oil	Mint		
		Holy Basil Leaf Oil	Sweet		
Meditation Aromatic Alchemy	ALL	Ginger Root Oil	Spicy	<ul style="list-style-type: none"> Place 2-3 drops into palms and rub hands together briskly. Inhale deeply. Not intended for use in a diffuser. 	Helianthus Annuus (Sunflower) Seed Oil, Simmondsia Chinensis (Jojoba) Seed Oil, Citrus Sinensis (Orange) Peel Oil, Elettaria Cardamomum (Cardamom) Seed Extract, Boswellia Carterii (Frankincense) Resin Extract, Zingiber Officinale (Ginger) Root Oil, Santalum Spicatum (Sandalwood) Wood Oil, Bisabolol, Cinnamomum Zeylanicum (Cinnamon) Bark Oil, Commiphora Abyssinica (Myrrh) Resin Extract, Eugenia Caryophyllata (Clove) Bud Oil, Rosmarinus Officinalis (Rosemary) Leaf Extract
		Sweet Orange Oil	Citrus		
		Frankincense Oil	Earthy		
Inspire Aromatic Alchemy	ALL	Balsam Fir Oil	Earthy	<ul style="list-style-type: none"> Place 2-3 drops into palms and rub hands together briskly. Inhale deeply. Not intended for use in a diffuser. 	Helianthus Annuus (Sunflower) Seed Oil, Simmondsia Chinensis (Jojoba) Seed Oil, Citrus Reticulata (Tangerine) Peel Oil, Citrus Paradisi (Pink Grapefruit) Peel Oil, Abies Grandis (Grand Fir) Needle Oil, Citrus Reticulata (Mandarin Red) Peel Oil, Juniperus Communis (Juniper) Berry Oil, Abies Balsamea (Fir Balsam) Oil, Citrus Bergamia (Bergamot) Peel Oil, Hypericum Perforatum (St. Johns Wort) Leaf Extract, Boswellia Carterii (Frankincense) Resin Extract, Cananga Odorata (Ylang Ylang) Flower Oil, Salvia Sclarea (Clary Sage) Flower/Leaf Oil, Piper Nigrum (Black Pepper) Fruit Oil, Mentha Spicata (Spearmint) Leaf Oil, Cupressus Sempervirens (Cypress) Leaf Oil, Thymus Satureioides (Thyme Borneol) Leaf Oil, Evernia Prunastri (Oakmoss) Whole Plant Oil, Rosmarinus Officinalis (Rosemary) Leaf Extract
		Pink Grapefruit Oil	Citrus		
		Red Mandarin Peel Oil	Citrus		
Chill Chocolate Vine Stress Diffuser	ALL	Dark Chocolate	Calming	<ul style="list-style-type: none"> Remove plug and screw on the open cap. Place the reeds into the vessel to absorb the reed diffuser oil then flip the reeds to create scent throw. 	The Chocolate Vine aromatic blend is an accord of rich dark chocolate deepening to sweet honey and rounded by a warm background of vanilla. The top note is Dark Chocolate, middle note is Honey, and base note is Vanilla. According to Naturopathica founder Barbara Close, <i>"The hero in this blend is vanilla. Due to its warm, creamy fragrance and uplifting characteristics, vanilla is comforting if you feel anxious, stressed, tense. This can certainly apply to help promote sleep. Vanilla notes are seen as grounding, helping calm the senses and promote relaxation."</i>
		Honey	Sweet		
		Vanilla	Soothing		
Chill Chocolate Vine Stress Candle	ALL	Dark Chocolate	Calming	<ul style="list-style-type: none"> Trim wick before lighting. Only burn the candle on a level, fire resistant surface. Do not burn for more than 4 hours. 	
		Honey & Vanilla	Soothing		
		Vegan Soy Wax	Clean		



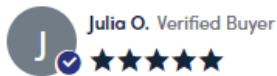
	Skin Type	Key Ingredients	Ingredient Benefit	How to Use	Ingredients
Alpine Arnica & Magnesium Gel	ALL	Arnica Flower Extract	Restorative	<ul style="list-style-type: none"> • Massage into affected areas as needed. • For external use only. • Wash hands thoroughly after application. • Not intended for facial use. 	Menthol 0.5%; PURPOSE: External analgesic gel Aqua/Water/Eau, Arnica Montana Extract, Heptyl Glucoside, Helianthus Annuus (Sunflower) Seed Oil, Hydroxyethylcellulose, Glyceryl Caprylate, Melaleuca Alternifolia (Tea Tree) Leaf Oil, Eucalyptus Globulus Leaf Oil, Zingiber Officinale (Ginger) Root Oil, Citrus Aurantifolia (Lime) Peel Oil, Ocimum Basilicum (Basil) Oil, Cistus Ladaniferus Oil, Jasminum Officinale (Jasmine) Oil, Salix Nigra (Willow) Bark Extract, Xanthan Gum, Caprylhydroxamic Acid, Glycerin, Molasses, Magnesium Aspartate, Zinc Gluconate, Copper Gluconate, Aloe Barbadensis Leaf Juice, Citrus Limon (Lemon) Peel Oil, Tocopherol, Argania Spinosa Kernel Oil, Citral, Eugenol, Limonene, Linalool
		Menthol	Cooling		
		Magnesium	Soothing		
Sweet Birch & Camphor Rub	ALL	Sweet Birch Bark Oil	Warming	<ul style="list-style-type: none"> • Massage into affected areas as needed. • For external use only. • Wash hands thoroughly after application. • Not intended for facial use. 	Water/Aqua/Eau, Magnesium Chloride, Cinnamomum Camphora (Camphor) Leaf Oil, Melaleuca Leucadendron (Cajeput) Leaf Oil, Betula Lenta (Birch) Bark Oil, Menthol, Cinnamomum Zeylanicum (Cinnamon) Bark Oil, Juniperus Communis (Juniper) Berry Oil, Zingiber Officinale (Ginger) Root Oil, Eugenia Caryophyllata (Clove) Bud Oil, Amorphophallus Konjac Root Powder, Xanthan Gum
		Magnesium	Soothing		
		Camphor	Relieving		

When to use which remedy...

Mighty Mint Rescue Cream: This multi-purpose rescue cream combines icy Peppermint to soothe muscle strain by creating surface anesthesia as well to calm tension headaches and digestive upsets with penetrating menthol. Fortified with Horse Chestnut, this energizing formula helps stimulate circulation in invigorate overworked hands and feet.

Arnica Muscle & Joint Gel: Designed for acute muscle pain due to trauma and bruised tissues, this cooling gel blends Arnica and Camphor for deep relief to muscles, tendons and joints.

Sweet Birch Deep Muscle Rub: This deep, penetrating gel blends warming Hesperidin with Sweet Birch and Magnesium to re-energize chronic overworked muscles and relieve trigger points before or after workouts. Must-have preventative daily care for athletes, massage therapists and active people.



I really like the Alpine Arnica & Magnesium Gel

I like the consistency of this gel! It's lightweight and not sticky! There is no harsh smell. It feels cooling, comforting and soothing on the skin!



	Skin Type	Key Ingredients	Ingredient Benefit	How to Use	Ingredients
Alpine Arnica Bath & Body Oil	ALL	Arnica Flower Extract	Restorative	<ul style="list-style-type: none"> Add to still bath water or massage into affected areas. 	Helianthus Annuus (Sunflower) Seed Oil, Gossypium Herbaceum (Cotton) Seed Oil, Arnica Montana Flower Extract, Ocimum Basilicum (Basil) Oil, Laurus Nobilis Leaf Oil, Rosmarinus Officinalis (Rosemary) Leaf Oil, Tocopheryl Acetate
		Rosemary, Basil and Bay Laurel Essential Oils	Warming		
		Sunflower, Apricot and Grapeseed Oil	Nourishing		
Lavender Blossom Bath & Body Oil	ALL	Lavender Flower Oil	Calming	<ul style="list-style-type: none"> Add to still bath water or massage into affected areas 	Helianthus Annuus (Sunflower) Seed Oil, Gossypium Herbaceum (Cotton) Seed, Lavandula Hybrida Oil, Lavandula Angustifolia (Lavender) Flower/Leaf/Stem Extract, Tocopheryl Acetate, Rosmarinus Officinalis (Rosemary) Extract.
		Lavandin Flower/Leaf Oil	Soothing		
		Sunflower, Apricot and Grapeseed Oil	Nourishing		
Lemon Verbena & Omega-3 Calming Hand Cream	ALL	Lemon Verbena	Energizing	<ul style="list-style-type: none"> Apply a generous amount to hands as needed. 	Water (Aqua), Caprylic/Capric Triglyceride, Aloe Barbadensis Leaf Juice, Butyrospermum Parkii (Shea Butter), Glycerin, Coco-Caprylate, Hydrogenated Vegetable Oil, Cetearyl Oliviate, Cetearyl Alcohol, Glyceryl Stearate SE, Sorbitan Oliviate, Cetyl Alcohol, Heptyl Undecylenate, Aloysia Citriodora (Lemon Verbena) Distillate, Persea Grattissima (Avocado) Oil, Citrus Limon (Lemon) Leaf Oil, Citrus Medica Limonum (Lemon) Peel Oil, Cedrus Atlantica Wood Oil, Litsea Cubeba Fruit Oil, Boswellia Carterii Oil, Ocimum Basilicum Oil, Salvia Hispanica Seed Oil, Carthamus Tinctorius (Safflower) Seed Oil, Olea Europaea (Olive) Fruit Oil, Avena Sativa (Oat) Kernel Extract, Rosa Centifolia Flower Extract, Cetearyl Glucoside, Diheptyl Succinate, Hydrogenated Lecithin, Capryloyl Glycerin/Sebacic Acid Copolymer, Hydrolyzed Quinoa, Tocopheryl Acetate, Xylitol, Xanthan Gum, Gluconolactone, Potassium Sorbate, Sodium Benzoate
		Chia Seed Oil	Nourishing		
		Shea Butter	Moisturizing		
Mighty Mint Rescue Cream	ALL	Peppermint Leaf Oil	Invigorating	<ul style="list-style-type: none"> Massage into affected areas as needed. For external use only. Wash hands thoroughly after application. Not intended for facial use. 	Water/Aqua/Eau, Aloe Barbadensis Leaf Juice, Caprylic/Capric Triglyceride, Glycerin, Butyrospermum Parkii (Shea Butter), Coco-Caprylate, Hydrogenated Vegetable Oil, Mentha Piperita (Peppermint) Oil, Cetearyl Oliviate, Cetearyl Alcohol, Glyceryl Stearate SE, Sorbitan Oliviate, Heptyl Undecylenate, Cetyl Alcohol, Aesculus Hippocastanum (Horse Chestnut) Seed Extract, Arnica Montana Flower Extract, Mentha Piperita (Peppermint) Leaf Extract, Geranium Maculatum Extract, Melaleuca Alternifolia (Tea Tree) Leaf Oil, Glycine Soja (Soybean) Oil, Cetearyl Glucoside, Diheptyl Succinate, Capryloyl Glycerin/Sebacic Acid Copolymer, Tocopherol, Xanthan Gum, Gluconolactone, Potassium Sorbate, Sodium Benzoate
		Menthol	Cooling		
		Horse Chestnut	Energizing		
Sicilian Bergamot Nourishing Body Lotion	ALL	Sicilian Bergamot	Energizing	<ul style="list-style-type: none"> Apply a generous amount to body as needed. 	Water/Aqua/Eau, Helianthus Annuus (Sunflower) Seed Oil*, Aloe Barbadensis(Aloe Vera) Leaf Juice*, Cetearyl Alcohol, Glycerin, Caprylic/Capric Triglyceride, Cetearyl Glucoside, Cetyl Palmitate, Citrus Clementina (Clementine) Peel Oil, Citrus Paradisi (Pink Grapefruit) Peel Oil, Citrus Bergamia (Bergamot) Peel Oil, Citrus Sinensis (Orange) Peel Oil, Citrus Reticulata (Tangerine) Peel Oil, Litsea Cubeba Fruit Oil, Rosmarinus Officinalis (Rosemary) Leaf Oil, Cedrus Atlantica(Cedar) Wood Oil, Rosmarinus Officinalis (Rosemary) Leaf Extract*, Xanthan Gum, Dehydroacetic Acid, Benzyl Alcohol
		Rosemary	Purifying		
		Sunflower Seed Oil	Nourishing		



	Skin Type	Key Ingredients	Ingredient Benefit	How to Use	Ingredients
Lemongrass Mimosa Body Scrub	ALL	Lemongrass Leaf Oil	Uplifting	<ul style="list-style-type: none"> Massage into damp skin. Leave on for 3-4 minutes. Rinse. 	Water/Aqua/Eau, Helianthus Annuus (Sunflower) Seed Oil, Juglans Regia (Walnut) Shell Powder, Cetearyl Glucoside, Cetearyl Alcohol, Glycerin, Cetyl Palmitate, Gluconolactone, Sodium Benzoate, Lactobacillus/Arundinaria Gigantea (Bamboo) Ferment Filtrate, Butyrospermum Parkii (Shea) Nut Butter, Cymbopogon Flexuosus (Lemongrass) Leaf Oil, Rosa Bourboniana (Rose) Flower Oil, Jasminum Sambac (Jasmine) Flower Oil, Acacia Decurrens (Mimosa) Flower Extract, Citrus Hystrix (Combava) Peel Oil, Cananga Odorata (Ylang Ylang) Flower Oil, Litsea Cubeba Fruit Oil, Pelargonium Graveolens (Geranium) Leaf/Flower Oil, Vetiveria Zizanioides (Vetiver) Root Oil, Rosmarinus Officinalis (Rosemary) Leaf Extract
		Bamboo Ferment Filtrate	Smoothing		
		Walnut Shell Powder	Exfoliating		
Sweet Birch & Magnesium Bath Flakes	ALL	Sweet Birch Bark Oil	Warming	<ul style="list-style-type: none"> Fill bathtub with warm water. Add one ounce of bath flakes to still water and disperse with hand. Do not ingest. 	Magnesium Chloride, Tapioca Starch, Sweet Birch Essential Oil (Betula Lenta
		Magnesium Chloride	Soothing		

The therapeutic use of water can either be relaxing or stimulating to the circulatory and central nervous systems and can strengthen the natural defenses of the body. Naturopathica Bath Cures utilize the beneficial properties of water, along with the therapeutic properties of plant extracts, minerals and essential oils. Bath Cures are an excellent at-home care regimen for regular maintenance or for after a spa visit.

Note: Always check with your physician before beginning any hydrotherapy regimen.

BATH CURE	PRODUCTS	DIRECTIONS
DETOX HERBAL BATH A stimulating circulatory bath to cleanse the tissues.	Sweet Birch Magnesium Bath Flakes	Fill tub with hot water (100-110°F). Add 1 oz. of bath flakes to still water and disperse with hand. Immerse body, 5-8 minutes, until light perspiration appears. Towel off; rest for 5 minutes to let blood pressure normalize. For enhanced results, begin session with skin brushing using a soft, natural fiber brush to promote lymphatic flow.
DETOX SHOWER A stimulating shower treatment to ease muscle soreness by flushing out lactic acid build up.	Alpine Arnica Bath & Body Oil	Add ½ tsp. of oil to damp washcloth and rub entire body briskly. Alternate hot and cold water (1 minute hot, 15 seconds cold). Repeat cycle 3 times.
RENEW HERBAL BATH A revitalizing bath to combat fatigue, jet lag or acute muscle pain.	Lavender Blossom Bath & Body Oil	Fill tub with warm water (92-100°F). Add ½ tsp. of bath oil to still water and disperse with hand. Soak in water for 20-30 minutes.
REST HERBAL BATH A calming bath to ease stress related symptoms.	Alpine Arnica Bath & Body Oil	Fill tub with tepid or cool water (80-92°F). Add ½ tsp. of bath oil to still water and disperse with hand. Soak in water for 10-15 minutes.



	Skin Type	Key Ingredients	Ingredient Benefit	How to Use	Ingredients
Ginger & Turmeric Muscle & Joint Tea	ALL	Turmeric	Antioxidant	<ul style="list-style-type: none"> Steep 1 tea bag in 8 oz. of water at 205°F (when kettle starts to rumble) for 5 minutes. 	Yerba Mate (<i>Ilex paraguariensis</i>), Turmeric (<i>Curcuma longa</i>), Hibiscus (<i>Hibiscus sabdariffa</i>), Anise (<i>Pimpinella anisum</i>), Ginger Rhizome (<i>Zingiber officinale</i>), Cinnamon Bark (<i>Cinnamomum zeylanicum</i>), Safflower (<i>Carthamus tinctorius</i>) *contains caffeine
		Ginger Root	Warming		
		Yerba Mate	Energizing		
White Peony & Red Clover Skin Defense Tea	ALL	White Peony	Antioxidant	<ul style="list-style-type: none"> Steep 1 tea bag in 8 oz. of water at 205°F (when kettle starts to rumble) for 5 minutes. 	White Peony (<i>Camellia sinensis</i>), Red Clover (<i>Trifolium pratense</i>), Calendula (<i>Calendula officinalis</i>), Lemon Balm (<i>Melissa officinalis</i>), Lavender (<i>Lavandula angustifolia</i>), Oat straw (<i>Avena sativa</i>)*, Grapefruit (<i>Citrus x paradisi</i>) Essential Oil, Blood Orange (<i>Citrus x sinensis</i>) Essential Oil *contains caffeine
		Red Clover	Detoxifying		
		Calendula	Soothing		
Spearmint & Gotu Kola Clarifying Tea	ALL	Spearmint	Clarifying	<ul style="list-style-type: none"> Steep 1 tea bag in 8 oz. of water at 205°F (when kettle starts to rumble) for 5 minutes. 	Spearmint Leaf (<i>Mentha spicata</i>), Yarrow Leaf/ Flower (<i>Achillea millefolium</i>), Dandelion Leaf (<i>Taraxacum officinale</i>), Plantain Leaf (<i>Plantago lanceolata</i>), Elder Flower (<i>Sambucus nigra</i>), Gotu Kola Leaf (<i>Centella asiatica</i>)
		Gotu Kola	Healing		
		Dandelion	Purifying		
Schisandra & Chamomile Adaptogenic Stress Tea	ALL	Schisandra	Supporting	<ul style="list-style-type: none"> Steep 1 tea bag in 8 oz. of water at 205°F (when kettle starts to rumble) for 5 minutes. 	Schisandra Berry, Oatstraw, Chamomile, Holy Basil, Lavender, Linden Flower, Cornflower
		Chamomile	Soothing		
		Holy Basil	Balancing		
Chamomile Calming Honey	ALL	Wildflower Honey	Nourishing	<ul style="list-style-type: none"> To use, mix a tablespoon with tea, smoothies, yogurt, or enjoy by the spoonful. 	Vegetable Glycerine, Wildflower Honey, Distilled Water, Chamomile Flower (<i>Matricaria recutita</i>), Skullcap Herb (<i>Scutellaria lateriflora</i>), Lemon Balm Leaf (<i>Melissa officinalis</i>), Lavender Flower (<i>Lavandula angustifolia</i>) Extractives
		Chamomile	Soothing		
		Skullcap	Calming		
Schisandra Adaptogenic Honey	ALL	Wildflower Honey	Nourishing	<ul style="list-style-type: none"> To use, mix a tablespoon with tea, smoothies, yogurt, or enjoy by the spoonful. 	Vegetable Glycerin, Wildflower Honey, Distilled Water, Eleuthero Root (<i>Eleutherococcus senticosus</i>), Holy Basil Leaf (<i>Ocimum tenuiflorum</i>), Schisandra Fruit (<i>Schisandra chinensis</i>), Cassia Bark (<i>Cinnamomum cassia</i>), Ginger Root (<i>Zingiber officinale</i>), Clove Bud (<i>Syzygium aromaticum</i>) Extractives
		Schisandra	Supporting		
		Holy Basil	Balancing		



	Skin Type	Key Ingredients	Ingredient Benefit	How to Use	Ingredients
Burdock & Dandelion Skin Defense Tincture	ALL	Burdock	Detoxifying	<ul style="list-style-type: none"> Shake well before using. Add 2 dropperfuls to water, tea or juice. 	Burdock Root (<i>Arctium lappa</i>), Dandelion Root (<i>Taraxacum officinale</i>), Stinging Nettle Herb, (<i>Urtica dioica</i>), Oregon Grape Root (<i>Mahonia aquifolium</i>), Gotu Kola Herb (<i>Centella asiatica</i>), Calendula Flower (<i>Calendula officinalis</i>), Red Clover Herb (<i>Trifolium pretense</i>), Ginger Rhizome (<i>Zingiber officinale</i>), extractives Other Ingredients: Vegetable Glycerin, Distilled Water, Organic Cane Alcohol (24-29%)
		Dandelion	Purifying		
		Oregon Grape	Cleansing		
Oat Stress Relief Tincture	ALL	Oats	Calming	<ul style="list-style-type: none"> Shake well before using. Add 2 dropperfuls to water, tea or juice. 	Oat Tops (<i>Avena sativa</i>), Passionflower Herb (<i>Passiflora incarnata</i>), Eleuthero Root (<i>Eleutherococcus senticosus</i>), Holy Basil Herb (<i>Ocimum tenuiflorum</i>), Schisandra Berry (<i>Schisandra chinensis</i>), Licorice Root (<i>Glycyrrhiza glabra</i>) extractives. Other Ingredients: Distilled Water, Vegetable Glycerin, Organic Cane Alcohol (27-32%)
		Eleuthero (<i>Eleutherococcus senticosus</i>)	Balancing		
		Schisandra	Supporting		
Passionflower & Kava Sleep Tincture	ALL	Passionflower	Relaxing	<ul style="list-style-type: none"> Shake well before using. For best results, take 1 dropperful an hour before bed and another dropperful right before falling asleep. 	Ashwagandha Root (<i>Withania somnifera</i>), Kava Rhizome (<i>Piper methysticum</i>), Passionflower Herb (<i>Passiflora incarnata</i>), Valerian Root (<i>Valeriana officinalis</i>), Skullcap Herb (<i>Scutellaria lateriflora</i>), Chamomile Flower (<i>Matricaria recutita</i>) extractives Other Ingredients: Distilled Water, Vegetable Glycerin, Organic Cane Alcohol (26-31%)
		Kava Root	Calming		
		Ashwagandha	Tranquil		
Turmeric Muscle & Joint Tincture	ALL	Turmeric	Antioxidant	<ul style="list-style-type: none"> Shake well before using. Add 2 dropperfuls to water, tea or juice. 	Turmeric Rhizome (<i>Curcuma longa</i>), Dandelion Root (<i>Taraxacum officinale</i>), Horsetail Herb (<i>Equisetum arvense</i>), Devil's Claw Root (<i>Harpagophytum procumbens</i>), Black Pepper Fruit (<i>Piper nigrum</i>) extractives. Other Ingredients: Distilled Water, Organic Cane Alcohol 29-34%, Vegetable Glycerin
		Horsetail	Supporting		
		Dandelion	Purifying		

	STRESS & ANXIETY	DISRUPTED SLEEP	DULL OR IRRITATED SKIN	MUSCLE & JOINT DISCOMFORT	FREQUENT ILLNESS
I HAVE	<ul style="list-style-type: none"> Difficulty concentrating Trouble managing day to day stressors 	<ul style="list-style-type: none"> Difficulty falling asleep and staying asleep Restless dreams 	<ul style="list-style-type: none"> Lackluster or dull skin Skin in need of healing and nourishment 	<ul style="list-style-type: none"> Pain and sore muscles Stiff joints and impaired movement 	<ul style="list-style-type: none"> Frequent colds or similar ailments Imbalanced natural defenses
TINCTURE	OAT & SIBERIAN GINSENG ADAPTOGENIC STRESS TINCTURE	PASSIONFLOWER & KAVA SLEEP TINCTURE	BURDOCK & DANDELION SKIN DEFENSE TINCTURE	TURMERIC & PUZZLEGRASS MUSCLE & JOINT TINCTURE	REISHI IMMUNE TINCTURE