

Barbara Close developed her formulas in response to inflammation, using proven botanicals and clean cosmeceuticals to strengthen and repair the skin and body. At Naturopathica, every ingredients counts – you will never see base materials, fillers or additives that compromise skin health.

PROVEN INGREDIENTS TO NOURISH THE SKIN AND FIGHT INFLAMMATION

We use proven ingredients such as botanical extracts, probiotics and seed oils to nourish the skin barrier.

Plant Extracts: With age, the immune system becomes less effective in managing the inflammatory response in the body. Under normal conditions, the cell membrane naturally protects itself with *Vitamins C and E*, but it only takes 2 hours for our antioxidant support to go down by 25%. We use plant extracts such as *Aloe* to stimulate the immune system in the skin to fight inflammation. We all know that *Aloe* is soothing, but it also acts as a penetration enhancer to deliver ingredients deeper into the skin. We also replace water with *Aloe* when possible, which allows us to use less aggressive preservative systems.



Probiotics: The anti-inflammatory benefits of probiotics go beyond your digestive system. Scientists are now exploring the benefits of using probiotics topically on the skin, especially for acne, rosacea and eczema. Naturopathica uses probiotics in the form of a *Lactobacillus Ferment*, designed to balance stress-damaged skin and stabilize the skin's immune response from inflammatory cytokines. This natural repair process helps to counteract the visible signs of aging.

Seed Oils: We use cold-pressed seed oils such as *Borage Seed Oil*, *Rosehip Seed Oil* and *Carrot Seed Oil*; antioxidant-rich vegetable oils extracted from the life force of the plant. Seeds are the genetic imprint of a plant and contain powerful, nutritive properties for the skin. Seed oils help to strengthen the cellular wall and resist irritation.

CLEAN COSMECEUTICALS

We enrich our formulas with clean cosmeceuticals, clinically-proven and performance-based ingredients that act as a catalyst to correct and prevent damage without harming the skin.

Plant Stem Cells: Derived from the wound healing tissue of the plant, plant stem cells are an extremely potent and sustainable natural resource for cellular protection, repair and rejuvenation. We use *Argan*, *Butterfly Bush* and *Echinacea Stem Cells*, proven to be effective for tightening, toning and improving skin density.

Retinols: At Naturopathica, we use an encapsulated retinol, offering greater age-reversing efficacy than *Retinol* or *Retinoic Acid*, without irritation. This encapsulated and time released blend works over time with the skin's natural processes to reverse skin aging through cellular repair and collagen stimulation, revealing smoother and younger looking skin.

Peptides: We select peptides such as *Matrixyl® Synthe'6* that are free of harsh irritants like butylene glycol and work to rebuild the skin's natural constituents: collagen, laminin and fibronectin. When combined with soothing and nourishing base materials, peptides have dramatic age-reversing potential to smooth lines and wrinkles, lift, and plump.

PROVEN INGREDIENTS TO NOURISH THE BODY AND FIGHT INFLAMMATION

Arnica: Harvested in the wild from Alpine meadows, *Arnica* is an ancient European herb known for its ability to soothe sore muscles and joints. Also called Leopard's Bane, *Arnica* is shown to be an immuno-stimulant, known to have anti-inflammatory activity. Helenalin is one of the most active sesquiterpene lactones and helps account for the use of *Arnica* for pain and inflammation. Studies show reductions in pain and stiffness in subjects with moderate osteoarthritis.

Sweet Birch (Methyl Salicylate): A traditional Native American remedy for pain relief, this warming oil is renowned for its ability to relieve the chronic pain associated with overworked muscles and joints. It has been clinically demonstrated that *Methyl Salicylate* (the main ingredient in Aspirin) is as effective as *Salicylic Acid* at decreasing inflammation and helping to soothe overexerted muscles.

Ginger Root: The robust aroma of *Ginger Root* has made it a staple of Ayurvedic and Chinese medicine, where it is traditionally used for

indigestion. Massage therapists value its warming properties to help ease sore muscles and joint stiffness.

Magnesium: Epsom salts are rich in *Magnesium*, a key mineral that helps muscles reduce inflammation and function more efficiently. Critical in the regulation of *Calcium*, the main conductor of electrical impulses in the body, *Magnesium* also helps reduce muscle inflammation and muscle soreness by decreasing the amount of *Lactic Acid* in the body. Our *Magnesium* flakes are mined from the Zechstein Sea, an ancient sea salt deposit, and contain almost 50% more *Magnesium* than Epsom salts.