

INGREDIENT DESCRIPTIONS, SKIN HIGHLIGHTS, DIRECTIONS and USES

Condensed by John Zortman, Retired Pharmacist
720-975-6132 or KJJOY49@YAHOO.COM

Safflower Oil (High Linoleic Acid Content)

Safflower oil is reported by The Harvard Medical School to be widely incorporated into skincare products. Whether it is applied topically or consumed, safflower oil may have several **positive effects on your skin's health and appearance**. (Be sure to consult your dermatologist or physician prior to using to make certain it will not interact with any pre-existing medical conditions or drugs you are taking.)



- **Moisturizing** – Safflower oil acts as an emollient (traps moisture) to your skin, thereby keeping it hydrated and moisturized. According to The Northwestern Health Sciences University, safflower oil can be an effective **organic alternative to synthetics** and prevents dry skin by providing “barriers to moisture loss.”
- **Vitamin E** – Safflower oil is naturally high in vitamin E (antioxidant) according to Ohio State University. 15 ml's (one Tablespoonful) contains approximately 4.6 mg. (milligrams) of vitamin E. When applied topically, vitamin E has powerful effects on the skin. The University of Maryland Medical Center says topical application of vitamin E can help lower the severity of skin roughness and may also help **reduce the length and depth of both fine lines and wrinkles**. As an antioxidant, vitamin E also helps limit the damage caused by free radicals.
- **Skin Protection** – Topical use of safflower oil helps “maintain the skin's outer protective layer,” notes The Harvard Medical School, by coating your skin and also enhancing its natural moisture barrier. This helps shield and limit the environmental damage to your skin cells that may be caused by the sun or dry air. Regular protection may **reduce** the risk of visible signs of skin damage, like the **creation of wrinkles**.
- **Omega-6 Fatty Acids** – Safflower oil is a source naturally high in omega-6 fatty acids, reports the Linus Pauling Institute at Oregon State University. One Tablespoonful (15 ml's) contains 10.1 g (grams) of **linoleic acid**. The University of Maryland Medical Center concurs the acid can help reduce inflammation, encourages the growth of new skin cells, thereby ensuring a **healthier and constantly rejuvenated skin** surface.

Safflower oil, like **grape seed oil** and **sunflower oil**, is **very high (75-80%) in linoleic acid**. Linoleic acid is an essential amino acid. Essential means it must be supplied by a source outside of the body since the body does not produce it by itself. Your skin knows linoleic acid as sebum (natural body oil). Our bodies must either consume or topically receive linoleic acid because it does not produce it. **Safflower oil (75-80%), grape seed oil (70-75%) and sunflower oil (65-70%)** all contain the world's greatest amount of linoleic acid content. Through skin absorption each acts as a topical supplement to provide what the body would normally produce at age 25, the age of optimal production.

By age 40, we lose 75% of the production of linoleic acid, thereby producing wrinkles and premature aging of the skin. Your skin manufactures linoleic acid via outside sources to keep it soft, help maintain moisture levels and decrease the drying effects of low humidity and wind. **Without it, our skin ages quickly** as it endures the ravages of sun, wind and pollutants resulting in harmful damages.

Grape Seed Oil

Grapeseed oil is a preferred cosmetic ingredient for skin moisturization. It is a light, thin oil high in linoleic acid concentration (70-75%). Grapeseed oil has many topical application benefits.

- **Mild Astringent** – Grapeseed oil inheritantly possesses mildly astringent properties helping to **tighten and tone** aging skin.
- **Acne** – Grapeseed oil has powerful antioxidant effects, as well as, vitamins E, C and A. It is non-comedogenic (**does not plug pores**) and anti-inflammatory due to its high linoleic acid properties.
- **Anti-aging** - Grapeseed oil truly nourishes the skin. Its light and easily absorbed texture allows it to be useful in preventing free radical skin damage. It is flavonoid containing, assisting in stabilizing collagen and **maintaining elasticity**. This may help **reduce the appearance of wrinkles, age spots, stretch marks and saggy skin**.
- **Moisturizing** – Grapeseed oil has moisturizing properties capable of softening the skin due to its emollient effects. It lends a shimmering touch as it tones and refreshes the skin helping to restore a youthful vibrant appearance.



Beeswax

Beeswax, as a skin care product, was found to be superior to similar 'barrier' substances according to a German study and almost 60% of commercial production ends up in cosmetics and pharmaceuticals. It is nature's source of vitamins A,B,C,D,E and B complex, as well as, one of the few substances that is **anti-fungal, anti-bacterial, anti-inflammatory, anti-viral and an anti-biotic** regardless whether it is used **topically or orally**. This sustains an **improved immune system, provides resistance to nature's allergens, improves circulation and heals**.



- **Moisturizing** – Beeswax is an excellent emollient supporting skin protection and moisturization. As a result, beeswax has soothing, softening properties capable of forming a protective network on the skin. All of this combines to help the skin retain moisture.
- **Acne** – Beeswax, with its **natural anti-bacterial** action and abundance of antioxidants, possesses qualities **resisting acne-causing bacteria**. It is non-comedogenic (**does not clog pores**) and has an irritation quotient of zero. Therefore, contrary to some popular beliefs, beeswax helps prevent acne.
- **Vitamins** – There is no other natural substance capable of providing the amount of carotin (**vitamin A**) like beeswax does. Additionally, it contains **all of the B vitamins**, an abundance of vitamins D, E and C providing an **unequaled source of skin nutrition, even in small amounts**.

Mango Butter

Mango butter is stock full of antioxidants similar to many other natural butters. However, mango butter is so full it **preserves skin**, as well as, offering **super protection from the elements**. Mango butter will:

- **Moisturize** dry skin



- **Regenerate** skin cells
- **Restore** skin's elasticity
- **Protection** from the Sun and other environmental hazards
- **Wrinkles** are actually decreased. Mango butter is becoming popular with dermatologists for treatment of lines and wrinkles.
- **Healing** of cuts, minor abrasions and the body's response to allergens ... example; poison ivy.

Shea Butter

Shea butter naturally revitalizes and refreshes skin, no matter what condition exists. Two inherent high levels makes shea butter rise to the top of the list when listing benefits. First, saponification (insoluble fats) when compared to any other butter. Shea butter contains between 7-12% unsaponifiables, a really large number in comparison (Avocado 2-6%). Secondly, cinnamic acid, a natural sunscreen, gives it a SPF (sun protection factor) of 6. In fact, cinnamic acid is added to SPF preparations as the 'only' sunscreen ingredient in many formulations. Shea butter's benefits include:

- **Moisturizer** for face, scalp and body skin conditions of any kind including psoriasis and eczema
- **Rashes** regardless of origin, are either helped or healed
- **Blemishes**, including scarring, are definitely reduced or eliminated in some cases
- **Protection** from sun, wind, elements and environmental potentially damaging factors
- **Relief** from sunburn, minor burns, itch due to dry skin, rash, skin cracks, chafing of feet and hands, stretch marks, shaving bumps and small skin wounds.
- **Restores** an even skin tone, skin elasticity and luster to both skin and hair
- **Anti-aging** effects as a result of being a great antioxidant, anti-microbial, vitamin-rich substance with great healing attributes.



Summary of Skin

Skin is the **largest in area and heaviest in weight of all the organs of the body**. With such an enormous surface area, your skin may easily absorb external substances. So, **great care should be taken to offer as much natural protection as possible without causing harm**. Current skin products subject the skin to foreign substance exposure possibly exposing the skin to toxic deleterious effects.

Skin does many things:

- Skin offers a protective barrier to the environment
- Skin breathes
- Skin perspires to control body temperature
- Skin excretes toxins

These are just a few of skin's functions. Additionally, the **sebaceous glands lubricate skin and hair**. These glands excrete **sebum** also known as **natural skin oil**. This oil is **high in the essential amino acid called linoleic acid**. These sebaceous glands lubricate your skin and hair, keeping your hair nice and shiny. It also protects your skin from the effects of harsh chemicals that can cause dermatitis. Skin has a slightly acidic nature with a pH (hydrogen ion concentration) around 4.5 giving life to a bacterial culture common to each individual offering further support of its protective characteristics. **Skin is truly a living, breathing organ requiring great care to remain healthy and vibrant**.

Some current proprietary preparations may cause harm with ingredients designed to carry unpronounceable chemicals into your skin giving the illusion of being healthy when they actually may be causing damage. While many synthetic skin preparations might do your skin no harm, there are just as many that will. **A good rule of thumb is, 'If you can't spell an ingredient, then don't use it!'** If you don't know what you are putting on your skin then don't do it. Read the labels because many skin care **lotions**, oils and butters contain harsh synthetic chemicals. Substances such as lauryl or laureth sulfates, mineral oils and hydrogenated lecithin can cause problems. Ethanolamine, lactic acid and disodium EDTA should be completely avoided. If you see propylene glycol (antifreeze) in the ingredients list, this penetrates the skin membrane and in so doing opens it for infiltration by other toxic substances, as well as being a toxin in and of itself. It is not only chemicals you have to worry about with synthetic products. Some contain substances such as collagen that are extracted from animal body parts such as their skin. Chicken feet are another favored source of collagen.

So next time you are out shopping for a **skin cream** or oil, have a close look at the labels. **Don't assume that if it has a fancy scientific name it must be good for you - the reverse is very frequently the case**. Go instead for a natural oil or butter that is safe and very gentle on your skin, while helping to keep it smooth and supple, and to keep it looking healthy and young.

Directions & Uses:

Bath, Shower or direct skin application: Apply oil directly in bathwater (do not use soap!) or apply either directly to skin or use with an applicator sponge or cloth while showering or just after shower (again, do not use soap). Use your own judgment pertaining to the amount to apply. Apply according to the condition of your skin at the time of application or to the perceived environmental exposure of your skin during projected daily activity. For example, if you are golfing, use a little more, or if you are lounging indoors, use less. The oil may be used in place of soap, shampoo, chap-stick, deodorant, skin products either for moisturizing or rough skin areas. It will take the place of all these. Pat yourself dry (do not rub off oil). Allow adequate time for oil to soak into skin. The less your skin needs, the less that will be absorbed. Pay attention, your skin will dictate how much to use.

Do not overuse or overwear toweling or clothing. The oil contains butters and beeswax which will build up on toweling and clothing. Use bath towels once and wash after each use. Use clothing once and wash after each use. If you follow this procedure, you will be unlikely to experience buildup of wax and butter residue on toweling and clothing.

Caution: It is 'OIL' and will leave surfaces slippery! Use of Tilex®, OxyClean® or other bathroom products are helpful in removing any residue.

Caution: People with **Nut or Bee Allergies** could possibly have a reaction, although such reactions are not highly likely.

Eczema or other problematic skin conditions, such as, Scarring, Stretchmarks or Stretchmark Prevention: Apply oil directly to skin 2-3 times per day until clear, then daily as needed.

How often: Depending upon the degree of skin dryness or time of environmental exposure, use as often as necessary. The oil may last up to 3 days with adequate skin moisture content or low environmental exposure time. Your skin will tell you when to reapply. It's referred to as, 'Oiling Up!'.

Results: Results may vary. Most people see positive results in hydration and tone.

Uses:

Acne: Works very well as it resists bacteria and does NOT clog pores.

Anti-aging: Has great healing properties from high anti-oxidant content.

Anti-cancer: Each ingredient has anti-cancer effects. Again, from high antioxidant content.

Breast-feeding: Safe and effective anti-inflammatory action heals and protects nipples. Not harmful if swallowed. Use with caution if family has history of allergies.

Deodorants: No need for deodorants because it is Anti-fungal, Anti-viral, and Anti-septic. The long-lasting effects may even last for days. Essential oils may be added in a ½ to 2 percent capacity for more appealing odor.

Elasticity: Increased with consistent use.

Flavoring: It may be flavored. However, flavorings must be 'oil-based'.

Fragrances: Adding aromatic substances for fragrance purposes must be oil-based essential oils. Water based products will not work.

Healing: Has good healing properties.

Moisturizer: Provides a long-lasting 'barrier to moisture loss'.

Pregnancy: Prevents stretch marks and reduces scarring. It is a good anti-irritant.

Preserves: Endures the ravages of sun, wind and pollutants.

Protection: Offers super protection from the elements.

Sexual Lubrication: May be applied topically and safe if swallowed.

Scenting: Adding aromatic substances for scenting purposes must be oil-based. Water based products will not work.

Scarring: Scars are dramatically reduced.

Skin Nutrition: Unequalled source of nutritional value.

Shampoo: Perfect for the hair because it replaces natural oils. No need for shampoos. It will be somewhat greasy at first, but will dissipate as time passes, leaving hair wonderfully moisturized.

Soaps: Takes the place of any soap or cleanser.

Tatoos: May be used in place of other lubricants after tatoos application.

Toner: Tightens and tones skin.

Wrinkles: Reduced

John L Zortman, RPh (ret)
1130 N 186th Dr
Goodyear, AZ 85338
720-975-6132
KJJOY49@YAHOO.COM
www.fountainofyouthlotions.com