

The OP Therapy range does NOT contain the following::

- NO parabens (used in preservatives) that mimic estrogen
- NO pore blocking petrochemicals
- NO harsh surfactants like Sodium Lauryl/Laureth Sulphates
- NO colourants
- NO damage to the environment
- NO genetically modified ingredients
- NO unnecessary synthetic additives
- 100% bio-degradable

OP Therapy Ingredients

Almond Oil Sweet: Almond oil is obtained from the dried kernels of the almond tree. It is excellent at softening and soothing the skin and also helps to balance the skin's moisture.

Good for all skin types but especially good for dry and irritated skin it helps relieve irritation, inflammation and itching. Almond oil contains vitamins A, B1, B2, B6 and D and a small amount of vitamin E, it also has a rich concentration of oleic and linoleic essential fatty acids.

If you have sensitive skin, almond oil could be the solution to your skin problems.

*Do not use if allergic to nuts.

Aloe Vera Gel: Aloe Vera is also a great skin moisturizer that helps to keep skin supple by bringing oxygen to the cells, and therefore increasing the strength of skin tissue. Aloe Vera Gel is hydrating, softening, healing and has anti-inflammatory properties for the skin.

Ascorbyl Palmitate: Ascorbyl palmitate is an effective free radical-scavenging antioxidant which promotes skin health and vitality. Ascorbyl palmitate is a fat-soluble form of ascorbic acid, or vitamin C.

Apricot Kernel Oil: This medium to light oil is beneficial for all skin types, especially dry and inflamed skin. High in vitamin A and minerals it nourishes the skin.

Avocado Oil: Contains vitamins A, B, D, E and is rich in Lecithin and Potassium. This thick oil penetrates deeply into the base of the skin and is well suited for dry skin conditions. A good oil for wrinkles and sun damaged skin. The sterolins in avocado oil have been found to diminish age spots. It also contains antioxidants and is good for sensitive skin.

Beeswax: A natural wax produced in the bee hive of honey bees. Beeswax is known for its emollient, soothing & softening properties which help the skin to retain moisture

Bergamot (Citrus Bergamia) Oil: Bergamot essential oil is subtle and uplifting, uniting the one of the most enticing perfume aromas with the possibility of powerful healing effects. It is one of the premier essential oils for relieving depression, it brings balance by gently uplifting and calming at the same time.

BHT (Butylated hydroxytoluene): Anti-oxidant to preserve fats and oils.

Bi Carbonate of Soda: (Sodium bicarbonate) An inorganic salt used for its antiseptic and pH adjusting abilities in cosmetic creams. Bicarbonate of Soda has good cleansing and soothing properties, and is used to relieve itching, insect bites and burns. It also softens the skin beautifully.

Calendula Extract: Biological Additive: used in cosmetic preparations to promote the healing of minor burns, scrapes and skin irritations

Canola Oil: This oil is usually found in combination with other carrier oils. It is high in Vitamin E. Used in lotions, creams, massage oils.

Carob Gum: Thickening Agent: A vegetable gum extracted from the seeds of the Carob tree.

Carrot Seed Oil: Carrot Seed is fantastic for skin care (revitalizing and toning) and considered one of the best Essential Oils for Mature Skin. Carrot seed oil also assists in removing toxin and water build up in the skin giving it a fresher, firmer appearance.

Castor Oil: A vegetable oil obtained from the castor seed. It is one of the few oils that can be used as an emulsifying agent. It also acts as a protective barrier on your skin that will protect against harsh environmental conditions.

Cetyl Phosphate: An emulsifying agent

Cinnamon Bark (Cinnamomum Cassia) Oil: Cinnamon Bark essential oil is highly respected as having antiseptic properties. From a spiritual perspective, it is believed to have warming, uplifting characteristics.

Citric Acid: Citric acid is an organic acid derived from plants. A component of citrus fruits used as a pH modifier in cosmetics and foods. Also used as a stabilizer and preservative. It has no known toxicity.

Clove Bud (Eugenia Caryophyllus) Oil: Clove bud oil has a spicy, fruity, warm and sweet aroma. Some traditional uses: to relieve fatigue and melancholy, as an aphrodisiac!

Cocamidopropyl Betaine: This is derived from coconuts and is a gentle cleansing agent.

Cocoa Butter: Cocoa butter (also known as cacao butter) is the natural cream coloured vegetable fat extracted from cocoa beans during the process of separating the powder and liquor from the bean. It contains natural antioxidants that prevent rancidity, and has an extremely long shelf life. An excellent moisturising agent for the skin.

Cucumber Powder: The cucumber has been prized throughout history for its cooling, soothing, toning and softening qualities. The flesh of cucumbers is primarily composed of water but also contains ascorbic acid (Vitamin C) and caffeic acid, both of which help soothe skin irritations and reduce swelling. The cucumber is also a rich source of silica, it is often recommended as a source of silica to improve the complexion and health of the skin.

Disodium EDTA: A compound used as an antioxidant, preservative and chelating agent to form complexes with elements and stop any catalytic reactions from occurring. It is non-toxic and non-irritating when used topically.

Decyl Glucoside: An extract from corn with exceptional foaming power. Non-toxic, non-irritating and will not block the pores

Emu Oil: Emu oil is naturally high in essential linolenic fatty acid (Omega 3) which reduces inflammation and effects regeneration of the skin's intercellular matrix and encourages the delivery of other nutrients to the skin. Emu Oil is Non-comedogenic – this means it does not clog the pores of the skin.

Epsom Salts: (Magnesium Sulfate) Adding Epsom Salts to a bath or foot soak is an excellent way of combating stress and alleviating muscular aches and pains. The high magnesium content in Epsom salt also helps the removal of acids through the skin this means it is good for drawing out toxins and also smoothes the skin.

German Blue Chamomile (Matricaria chamomilia) Oil: The cooling, harmonizing effects of German Chamomile make it in combatting nervous tension, migraine and all kinds of stress.

Glycerine (Vegetable): A colourless sweet viscous liquid derived from vegetable fats. A humectant (A substance that helps retain moisture) used in moisturisers due to its water binding capabilities. Good for sensitive skins.

Glyceryl Cocoate (PEG-7): Non-toxic thickening and emulsifying agent made from glycerin & coconut oil. A good conditioning agent to soften & smooth skin.

Glyceryl Stearate: This is made from hardened vegetable oil and vegetable glycerine with an addition of vegetable stearic acid. Serves as an emulsifier.

Guar Gum: Emulsion Stabilizer; used as a thickener, emulsifier and stabilizer in cosmetic formulations and foods. Made from the seeds from *Cyamopsis tetragonolobus* (L.) Taub.

Hydroxyethyl Cellulose: A water soluble compound derived from plant fibre used as a thickening agent for aqueous cosmetic and personal care formulations.

Jasmine Absolute (Jasminum Officinale) Oil: One of the precious essential oils, Jasmine is known the world over for the intoxicatingly sensuous aroma, intensely floral, warm, rich, sweet and exotic. When inhaled, Jasmine is a potent aphrodisiac, helps relieve stress, anger and anxiety and is an anti-depressant and euphoric. When added to skin care and cosmetic preparations, Jasmine essential oil soothes dry, sensitive skin, heals dermatitis, and tones aging, wrinkled skin. It is anti-inflammatory and antiseptic.

Jojoba Oil: Jojoba oil is waxy plant extract and not in fact oil. It is light, non-greasy and absorbs fast into skin leaving no greasy feeling. Jojoba oil has good moisturising and nourishing properties as it is rich in vitamin E. Good for all skin types it also relieves sunburn, skin irritations and can soften fine lines and wrinkles. Jojoba oil is a great preservative and anti-oxidant. (Substance that prevents the damaging effects of oxidation)

Juniperberry (Juniperus communis) Oil: Juniper Berry essential oil is credited as being a supportive, restoring, and tonic aid. It is a good oil for meditation.

Lactic Acid: clear odourless hygroscopic syrupy carboxylic acid found in sour milk and in many fruits. Lactic acid may be included in various cosmetic preparation, usually either as a pH adjusting ingredient, or as a preservative (either as antioxidant or for control of pathogenic micro-organisms)

Lavender (Lavandula augustifolia) Oil: Lavender is one of the few oils still listed in the British Pharmacopoeia; it is highly regarded for its ability to promote tissue regeneration and speed wound healing in some cases. Lavender oil is highly regarded for its relaxing effect on the nervous system, with an overall balancing effect on the mind and the emotions. Applying directly to the feet can have a wonderful calming effect on many individuals. Adding to a foot bath can have a marked effect on relieving fatigue.

Lemon (Citrus Limonum) Oil: Lemon Essential Oil has a refreshing scent that is thought to stimulate the liver and has a gentle, calming effect. Lemon essential oil has been shown to eliminate many types of bacteria. It is often used in disinfecting blends with other antibacterial oils and has skin softening properties

Lime (Citrus aurantifolia) Oil: Lime is a sharpener of the mind, bringing clarity of thought and focused concentration. Lime essential oil has a crisp, refreshing citrus scent that has been used by aromatherapists for its uplifting and revitalizing properties. It can also act as an astringent on skin where it is reputed to help clear oily skin.

Macadamia Nut Oil: Macadamia nut oil is similar to sebum, the oil naturally produced by human skin to protect it. Is the best plant source of palmitoleic acid (an Omega 7 fatty acid). Palmitoleic acid is similar to the oil our skin produces, the production of which declines as we age. It absorbs well into the skin, is highly emollient and soothing.

Malic Acid: An acid found in certain herbs and fruits. It has antioxidant and astringent properties.

Mandarin (Citrus madurensis) Oil: So named as it was a traditional gift to the mandarins of China, Mandarin's fruity, cheerful aroma is invigorating and uplifting. Its astringent properties make it beneficial for skin tone, while natural antioxidants help protect the skin.

Milk (powdered): Full cream milk is both soothing and moisturizing. Enzymes, minerals and trace elements contained in full cream milk powder are nourishing and cleansing for the skin.

Neroli (Citrus Aurantium) Oil: It has been traditionally used to uplift the spirit, relieve depression, and soothe hysteria and shock by imparting a sense of peace. Antidepressant, antiseptic, antispasmodic, aphrodisiac, carminative, cordial, deodorant, digestive, stimulant (nervous), tonic (cardiac, circulatory).

Oleth-30: An oily product derived from fatty alcohols and used as a surfactant. It has no known toxicity and is non-irritating.

Papaya Extract: Papaya and pineapple are the main source of proteolytic (protein dissolving) plant enzymes. Papain, the enzyme present in the milky juice of the papaya that catalyzes the breakdown of proteins by

hydrolysis (addition of a water molecule). Papaya Extract (papain) has been used for many skin conditions and is used in this formulation for its ability to break down proteins and to remove dead skin cells

Pelargonium graveolens: Geranium Essential Oil, with a nice scent of rose - useful for all skin conditions. Balances the production of sebum good for both excessively dry skin or congested, oily skin. A valuable Oil for toning the skin.

Phenoxyethanol: an organic chemical compound, used in dermatological and cosmetic products as a bactericide and a preservative.

Pineapple Extract: Papaya and pineapple are the main source of proteolytic (protein dissolving) plant enzymes. Pineapple Extract (Bromelain) is the proteolytic enzyme obtained from the pineapple plant. Bromelain breaks down the connecting structure that holds surface skin cells together, which causes exfoliation of dead skin cells.

Pink Grapefruit (Citrus paradisi) Oil: The benefits of grapefruit are like paradise as expressed by its Latin name, Citrus paradisi. As with most of the citrus oils, essential oil of Grapefruit has a cleansing and toning effect on the skin. Grapefruit oil tightens puffy skin and reduces enlarged pores and helps to disperse pockets of accumulated fluid and impurities. Grapefruit oil has an uplifting, energising and anti-depressant action and is therefore very beneficial when used in Bath Oil Blends.

Potassium Cetyl Phosphate: Cleansing agent.

Potassium Sorbate: Mild Preservative; Potassium Sorbate is used to inhibit the development of microorganisms for shelf stability, and is used in such tiny quantities in OP Therapy products that there are no possible adverse health effects.

Propylene Glycol: A humectant (A substance that helps retain moisture) It also helps active ingredients penetrate the skin.

Rosa Damascena Oil: Rose essential oil properties help in the treatment of stress related conditions, digestive disorders, skin problems. In skin care Rosa Damascena essential oil is used for dry skin cure, broken capillaries, eczema, sensitive skin treatment.

Rose Hip Oil: This oil is used to regenerate the skin and reduce the signs of premature aging. Rose hip oil is rich in omega-3 and omega-6 fatty acids, is high in gamma linoleic acid (GLA) and vitamin C. Rose hip oil is often used in products made for stretch marks, burns, scars and mature dry skin.

Sandalwood (Santalum Spicata) Oil: Sandalwood also has an age-old reputation as an aphrodisiac, and in fact, its fragrance is similar to the human pheromone, alpha androsterone. It has a soft, warm, woody, and balsamic fragrance. It has antidepressive, anti-inflammatory, antifungal, astringent and sedative properties and is one of the most hydrating of all the essential oils.

Sea Salt: (Sodium chloride) Salt is an antiseptic wound healer, and helps draw impurities from your skin. All salts have detoxifying and muscle-relaxing properties. A good exfoliant, renews skin cells and helps even out the skin tone.

Shea Nut Butter: A plant lipid that is used as an emollient (a substance that has a softening and soothing effect on the skin) in cosmetics.

Sodium Hydroxymethylglycinate: An organic preservative derived from the amino acid glycine.

Sodium Stearate: This is a soap type emulsifier made from Stearic acid.

Soybean Oil: This is light oil, contains linoleic acid, good for all skin types and is easily absorbed. We use soybean oil in our natural skin care formulations with great success. Also, soybean oil is clinically proven to minimize the appearance of hair. It has a very high-unsaturated fatty acid compound, 2% sterols and contains vitamin E.

Stearic Acid (Palm Stearic) A vegetable derivative used to stiffen and stabilize lotions and creams. Occurs naturally in vegetable fats. A white, waxy, natural fatty acid. It is non-toxic.

Sweet Orange (Citrus Sinensis) Oil: Orange Oil is derived from the skin of the orange fruit. The aromatherapeutic properties of Sweet Orange Essential Oil are many. It has been used as an antidepressant, antiseptic, antispasmodic, aphrodisiac, carminative, stimulant (nervous) and a tonic (cardiac, circulatory). It has been applied to combat dull skin and is also beneficial in combating stress.

Thymol (Isopropyl Metacresol): Natural Preservative made from Thyme leaves.

Triethanolamine: A pH balancer used in cosmetics and body care products

Vanilla (Vanilla Planifolia) Oil: Vanilla generates a sense of well-being and a feeling of relaxation as well as being an antidepressant. Its aroma is euphoric and comforting and helps relieve mental tension.

Vanillin Powder: A white crystalline powder with a characteristic odor of vanilla extracted from vanilla pods. Vanillin has bacteriostatic properties so it is both soothing and healing for the skin. The aroma is euphoric and comforting.

Urea: This is a preservative, a broad spectrum anti-microbial of synthetic origin. It is used in cosmetics and toiletries as an anti-septic and preservative. It has no known toxicity externally.

Vitamin E: Vitamin E is well known for its antioxidant capabilities. (Antioxidants protect vital cell structures by neutralizing molecules called "free radicals". Free radicals are unstable molecules produced from sources like air pollution, radiation, and peroxides.)

Antioxidants like Vitamin E work to neutralize free radicals and stabilize cell membranes. Vital skin cells need to be protected by antioxidants. This is why the incorporation of antioxidants like Vitamin E into skin care products is so important.

Wheat Germ Oil: Wheat Germ Oil is rich in vitamin E and is useful for dry and mature skin. It is well known for its ability to heal scar tissues, smooth stretch marks, and soothe burns.

Ylang Ylang (Canaga Odorata) Oil: It has a distinctive sweet, floral-balsamic, slightly spicy quality. It's known as an anti-depressant, relaxing to body, mind and spirit, as well as an aphrodisiac. It can calm anger, aggression and anxiety, release tension, lift depression, balance, relax and generally stabilize mood swings. Ylang oil can have a soothing effect on the skin.

Xanthan Gum: Also known as corn sugar gum, this is a polysaccharide produced from bacteria (*Xanthomonas campestris*) fermented with a carbohydrate. It is used in food and cosmetics as a thickener, emulsifier and stabiliser. It has no known toxicity.

Zeolite Clay: Extremely beneficial as a cleansing agent for the absorption of impurities from the skin. Natural volcanic minerals which work at a cellular level trapping toxins. Zeolite clays are one of the few negatively charged minerals in nature and as such, act as magnets drawing toxins and dead skin cells to itself and removing them from the surface of the skin. Balance skin's pH level.

NOTE ON PRESERVATIVES

At OP Therapy we have chosen to use synthetic preservatives in some of our natural skin care products in very low quantities, less than 0.5%. This is because all our products are made freshly in small batches and to protect you from bacteria we need to be assured that they are as safe as possible. It is not most people's habit store their cosmetics in the refrigerator and if no preservatives are used, this can increase the risk of bacteria and reduce the effectiveness of the active ingredients. Because of the addition of very small amounts of preservatives, our products do not need refrigeration and you can be assured they are both safe and non-toxic at normal temperatures.

Why Do We Use These Preservatives?

We use these preservatives to keep our products safe for customers to use.

Because of the potential infection of cosmetic ingredients by microorganisms, preservatives must be added to

cosmetic formulations. If we didn't use these preservatives in some formulations, they would be contaminated within a few weeks, and the bacteria may form are far more dangerous than the reportedly negative effects of the synthetic preservatives we use.

In fact, it against the law not to add preservatives unless the manufacturer can guarantee that the consumer refrigerates the product and uses it only for a set amount of time that the manufacturer states. This is virtually impossible as we cannot guarantee how the product is stored and used by the consumer - care not taken in replacing lids and fingers used to remove the formulation from the container. Storage could be the bottom of a handbag, the glove box of the car, in a damp bathroom cupboard or in the sun. These conditions are outside the control of OP Therapy and are conducive to rapid bacterial growth if no preservatives are used.

NB: BE AWARE if you choose to use cosmetic product without preservatives PLEASE store them in the refrigerator and use them within a four week period for your safety.