



LLUVIA GLOSSARY OF TERMS

Acid Mantle	A protective oily layer on the skins surface which functions as a barrier against impurities and helps regulate moisture loss and water retention.
Additive	A substance, either natural or synthetic, that's added to a product during or after the product is made.
Antioxidant	Enzyme or other organic molecule that inhibits the destructive effects of oxidation and can guard the body from the damaging effects of free radicals.
Astringent	An agent that tightens or shrinks tissues.
Benzoin	A tree gum resin used especially in treating skin irritations.
Beta Carotene	Member of the family of compounds call "carotenoids," which give orange and yellow fruits and vegetables their characteristic color. It is one of several forms of yellow pigments that the body can covert into Vitamin A. It is an antioxidant that can protect cells against cancer. Studies show that Beta Carotene applied topically provides natural UV protection.
Bioflavonoids	Any one group of biologically active substances found in plants. They serve in the maintenance of the walls of small blood vessels in mammals.
Collagen	The most abundant protein in our bodies produced by cells called "fibroblasts" that provide strength, tone and resilience to tissues throughout the body. Collagen produced by fibroblasts in skin support firmness with less sagging and fewer wrinkles.
Carotenoids	A family of natural pigments found in plants and animals. Plants are the source of the carotenoids found in animals.
Carrageenan	Any of a group of closely related colloids derived from Irish moss and several other red algae, widely used as a thickening, stabilizing, emulsifying or suspending agent.
Dermis	The middle layer of the skin (beneath the epidermis) which is made up of blood vessels, lymph vessels, hair follicles, and sweat glands. The dermis is largely fibrous and contains collagen and elastin-the proteins responsible for the support and elasticity of the skin.
Epidermis	The outermost protective layer of the skin consisting of keratinocytes which make the protein keratin; melanocytes which produces the pigment melanin that determines the color of your skin and provides protection against ultraviolet radiation; and Langerhans cells which are part of the skin's immune system.
DNA (Deoxyribonucleic acid)	A chemical found primarily in the nucleus of cells. DNA carries the instructions for making all the structures and materials the body needs to function.

Elastin	A protein similar to collagen that is the principal structural component of the elastic fibers of connective tissue, which enable skin to snap back when stretched. Aging and environmental damage to tissues causes the skin's elastin to break down resulting in wrinkle formation.
Emulsifier	An agent that binds two substances together that do not normally mix. For example, oil and water. Lecithin is a natural emulsifier derived from soy.
Emollient	A substance added to a formulation that soothes and softens the skin. They can be natural like almond oil or synthetic, like mineral oil.
Essential Fatty Acids (EFAs)	Fats the body can not make and must be obtained from the diet or applied externally. EFAs are part of the lipid layer, and help maintain the suppleness and elasticity of skin. These fats have long been known to be necessary for the body's functioning, their deficiency results in the skin losing moisture and leading to hardening and drying. They help nourish the skin deep within.
Essential Oils	Pure plant extracts or liquids derived from flowers, leaves, stems, berries, rinds, resins, or roots of plants. These oils are the essence of the plant's smell that make the plant smell the way it does. Essential oils have long been used in folk medicine and aromatherapy for their many healing qualities.
Extract	A concentrate made by steeping raw plant material(s) in either a solvent or water.
Fibroblast cells	Fibroblast cells produce collagen and elastin fibers, the primary components of connective tissue which are responsible for skin elasticity, tone and firmness. Fibroblasts also eliminate damaged connective tissue.
Flavonoids	A class of water-soluble pigments that are found in plants and add to their pretty yellow, orange or red color. A few thousand different flavonoids have been so far identified. Many of these compounds serve as antioxidants or play other important roles in maintaining the health of your body. One characteristic of nearly all flavonoids is that they enhance the functionality of vitamin C, itself a powerful antioxidant. Certain flavonoids have a special affinity to skin, and bind to it's connective tissue fibers to provide protection against free radicals.
Free-radicals	Highly reactive, imbalanced molecules caused by environmental toxins and normal metabolism associated with the degenerative aging process internally and in skin.
Glycerine	Made by chemically combining water and fat from vegetable oil. It has water binding capabilities which helps the skin retain moisture. It also improves the spreading ability of creams.
Glycosides	Any of a group of organic compounds, occurring abundantly in plants, that yield a sugar and one or more non-sugar substance on hydrolysis.
Herb	A flowering plant valued for distinctive healing properties.
Hypodermis	The third layer of the skin beneath the epidermis. It is the fatty layer of the skin, home of sweat glands and fat and collagen cells. The hypodermis is responsible for conserving your body's heat and protecting your vital inner organs.
Humectant	A substance that absorbs or retains moisture. Added to a product, it keeps it from drying out.

Lecithin (Non-GMO)	Non-GMO lecithin derived from soy, means it is not made from genetically modified organism of soy. Lecithin is a phospholipid with anti-oxidant, emulsifying and emollient properties. Lecithin helps soften and protect the skin, and replenish the acid mantle. It is a valuable emulsifier used in many cosmetic products.
Lanolin	A fatty substance made from sheep's wool, that moisturizes and emulsifies, as well as absorbs water.
Linoleic Acid	An essential fatty acid. An omega-6 fatty acid/polyunsaturated fatty abundant in plant fats and oils. Used as an emollient and thickening agent in cosmetics. It helps to improve skin conditions.
Liposomes	Derived from a mixture of water and phospholipids, liposomes are capable of holding other ingredients and releasing them into the skin. They provide an effective delivery system of active ingredients contained in a product.
Macrophages	A type of white blood cell that devours the invading microbe (bacteria, viruses, etc.) and then assists T cells in the production of antibodies against the same type of microbe. They "alert" the immune cells to respond and produce chemicals needed to support the response. They are pivotal to inflammation reaction and other wound healing processes.
Organic	Organic is a labeling term that denotes products produced under the authority of the Organic Foods Production Act. The principal guidelines for organic production are to use materials and practices that enhance the ecological balance of natural systems and that integrate the parts of the farming system into an ecological whole. Organic agriculture practices cannot ensure that products are completely free of residues; however, methods are used to minimize pollution from air, soil and water.
Oxidation	A chemical reaction in which oxygen is added to an element or compound; the process of losing electrons from a chemical element or compound.
Parabens	A group of artificial chemicals widely used as preservatives in the cosmetic and pharmaceutical industries. They can be found in personal care products and topical pharmaceuticals. Parabens are considered to be toxic and allergenic.
pH Balance	A method of measurement used in chemistry to express the degree of acidity or alkalinity of a solution. Normal skin pH is 5.5. With aging, skin becomes more and more neutral, unable to kill as many bacteria as before. This causes the skin to become weak and more prone to invading bacteria and irritation. To maintain healthy skin with youthful qualities, it is important to use skin care products that have a pH value close to that of your own skin. A skincare product must be pH balanced to match skin in order to adequately absorb nutrients.
Phospholipids	Fatty substances that make up the membranes surrounding our cells. A cholesterol-like compound naturally found in all layers of the skin, except the outermost layer called the stratum corneum.
Phytochemicals	Compounds such as carotene and flavonoids that occur naturally in plants and promote human health by strengthening the human immune system and are thought to reduce the risk of cancer and chronic diseases.

Polysaccharides	Complex carbohydrates made up of multiple sugar molecules. Examples include: cellulose, starch and dextrin. Provide excellent support for macrophages, some of the most important “soldiers” of the immune system. Polysaccharides are also crucial components of the cell renewing process of the skin, helping your skin to look younger and healthier.
Preservative	A substance added to protect, prevent, or retard decay, discoloration, or spoilage under conditions of use or storage.
Proanthocyanidins	Powerful plant-derived antioxidants that provide special protection to the skin’s connective tissues against free radical damage. Proanthocyanidins help prevent the loss of vitamin C in tissues and aid in collagen development.
Sebum	The oily, lubricating substance that is secreted by the sebaceous glands in the skin.
Skin	The largest organ of the body made up of three layers: epidermis, dermis and subcutis, also called the hypodermis. Among its many functions the skin is an incredible organ that protects the body from external agents.
Sodium Lauryl Sulfate (SLS)	A common ingredient used as a detergent, emulsifier and surfactant in thousands of cosmetic and skin care products including toothpaste. You may find it in many “natural products” yet it is not natural. It is a synthetic ingredient that research is now finding can be harmful to health.
Squalane	An oily substance derived from olives that closely mimics the skin’s natural oil (sebum). Its likeness to the skin’s sebum allows it to be easily absorbed into tissue. Squalane moisturizes, protects and rejuvenates skin.
Surfactants	A substance that when dissolved in an aqueous solution reduces its surface tension between it and another liquid. It is a surface-active agent that increases the emulsifying, foaming, dispersing, spreading and wetting properties of a product.
Synthetic	An artificially produced substance, made in a lab and designed to imitate that which occurs naturally.
Terpenes	Naturally occurring hydrocarbons, emitted by many trees and plants. They mostly have very strong smells and are responsible for the aromas of the vegetation in which they are found.
Vitamin C	An essential water-soluble vitamin that has a wide range of beneficial functions in the human body. It is a preservative and antioxidant used in skin care products. It plays an essential role in building collagen, the connective tissue that supports the integrity of skin.
Wax	Substance composed of hydrocarbons, alcohols, fatty acids and esters that are solid at ordinary temperatures. Wax contained in skincare products can clog pores and prevent the absorption of nutrients in skin.
Wild-crafted	“Wild-crafted” plants are gathered from their natural, wild habitat, from pristine areas. When wild-crafting is done sustainably with proper respect, generally only the branches or flowers from plants are taken and the living plant is left, or if it is necessary to take the whole plant, seeds of the plant are placed in the empty hole from which the plant was taken. Care is taken to only remove a few plants, flowers, or branches, so plenty remains to continue the supply.