



Skingredient Spotlight

Beauty Beyond Belief: 49 Unusual Skincare Ingredients That Work Wonders

The What, How, and Where

Robin Lee



I want to inspire and celebrate the beauty and uniqueness of all of us and encourage you to be the most beautiful version of your precious self.

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The Skinterest Chick

Table Of Contents

Disclaimer	8
Introduction	10
Allantoin	18
Ashwaganda	20
Astaxanthin	22
Australian Wild Plum Extract	24
Austrian Moor (Heilmoor clay)	26
Azulene	28
Babassu	30
Bakuchiol	32
Bamboo	34
Baobab	36
Bisabolol	38
Bladderwrack	40
Bone Marrow	42
Boswellia	44
Chinese Red Peony Root	46
Chinese Schizandra Berry	48

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Chinese Skullcap	51
Chondrus Crispus	53
Chrysanthemum Flower	55
Cucumber Extract	57
Diatomaceous Earth	59
Dragon's Blood	61
Edelweiss	63
Fireweed	66
Goat's Milk	68
Gotu Kola	70
(Honey) St. Johns Wort	72
Horsetail Extract	74
Kombucha	77
Kukui	79
Licorice Root	81
Maca Root	83
Mangosteen	85
Matcha	87
Moringa Seed	89
Murumuru Seed	91

Beauty Beyond Belief: 49 Odd Skincare Ingredients

New Zealand Mamaku Fern	93
Paradise Apple	95
Pot Marigold	97
Prickly Pear Cactus	99
Propolis	101
Reishi Mushroom	103
Royal Jelly	105
Rutin	107
Sheep Sebum (Lanolin)	109
Silver Ear or Snow Mushroom	111
Snail Mucin	113
White Truffle	115
Yuzu	117

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Beauty Beyond Belief: 49 Odd Skincare Ingredients

Introduction

Ashwaganda, bladderwrack, babassu - these exotic sounding skincare ingredients are taking the beauty world by storm! You've probably come across numerous articles and books discussing the benefits of these ingredients. And with everyone claiming to be an "expert" or influencer on platforms like YouTube and TikTok, it can be overwhelming to know who to trust.



Beauty Beyond Belief: 49 Odd Skincare Ingredients

The latest trend in skincare is all about concentrated products and the "less is more" approach. Targeted skincare ingredients are not only addressing specific skin concerns but also revolutionizing the way we approach skincare - less product overuse and more treatments that actually deliver results. Consumers are increasingly interested in the ingredients used in their skincare products, seeking clean, safe, and effective options.

As a licensed esthetician, wellness enthusiast, and writer, my passion lies in promoting self-love and confidence through skin health, holistic living, and tapping into our creative power to manifest health, wealth, and happiness. My journey into skincare began over a decade ago when I discovered the Euro Institute of Skin Care, and the field of esthetics, sparking a deep curiosity about the functions of the skin and the beauty of holistic skincare practices. I am thrilled to share my enthusiasm for wellness, the art of feeling good, and the interconnectedness of mind, body, and spirit with you.

Taking a holistic approach to health means considering overall well-being, not just treating surface-level skin issues. By embracing holistic systems, we can effectively address concerns like aging, acne, and hyperpigmentation in a more comprehensive and preventive manner.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

My passion for wellness, the art of feeling good, and the interconnectedness of the mind, body, and spirit is at the heart of what I do.

This is my manifesto: *When you nourish your skin, you nourish your soul. I want to ignite a spark within you to embrace complete skin confidence by gaining a simple and clear understanding of the largest organ in your body - and how what happens internally reflects externally. When your skin is healthy, you feel amazing, and that confidence and vitality empower you to create the life of your dreams. Let's embark on this journey together towards radiant skin and a vibrant life!*

Beauty from the inside out is the new paradigm, and I'm a firm believer.



Beauty Beyond Belief: 49 Odd Skincare Ingredients

Note: I have tried and use/d many of the skincare products included in this eBook but by no means all. I do not receive compensation in any form from any company, nor do I promise any specific results. You be the judge!

Thanks for your skinterest - Glow Wherever You Go!



Beauty Beyond Belief: 49 Odd Skincare Ingredients

A note about Sensitivity and Allergic Reactions:

Just because a skincare product features natural ingredients does not mean that it is allergy or sensitivity free. Everything is a chemical, whether man-made or natural. Not everything that comes from nature is good and not everything made in a lab is bad.

People often incorrectly put themselves into the sensitive skin category. Their skin reacts to a strong ingredient—for example, glycolic acid or retinol ingredient in a product—and they assume their skin is sensitive. In reality, it's possible that it's a potent ingredient that the skin just can't tolerate yet. That can happen with any skin type. If you truly have sensitive skin, it will get hot, red, itchy, and/or irritated from things such as showers, exercise, and even gentle skincare products. Those with sensitive skin are also often diagnosed with eczema, rosacea, or dermatitis.

The skincare ingredients in this eBook may work very well for some, but not for others, so take care when introducing any new ingredient or product into your skincare routine. Do a test patch in a visible area of the skin and observe your skin's reaction over time.

Many sensitivities can go undiagnosed if they are not severe. If a rash or breakout occurs after trying a new product or ingredient, you might not connect it to an allergic reaction right away. Always take precautions when introducing any new skincare product and consult with a dermatologist or knowledgeable esthetician for advice and skin diagnosis if needed.

Beauty Beyond Belief: 49 Odd Skincare Ingredients





Allantoin

What It Is: Allantoin, also known as *aluminum dihydroxy allantoinate*, is an extract from the comfrey plant, native to the temperate climates of Asia and Europe. It has potent healing and soothing properties. Comfrey leaves have been used for centuries to help heal minor skin injuries and swelling.

What It Does: Allantoin acts as an emollient to keep the skin moisturized and to prevent irritation. It is *keratolytic*, (exfoliates dead skin cells). The keratolytic property helps increase the water contents of cells, which protects against the damage of transepidermal water loss (TEWL) in the dermis (the skin's deeper layer). Moisture helps the appearance of skin "plumpness." Allantoin also helps rejuvenates the skin by stimulating fibroblasts (these are cells that produce collagen in the skin).

Who Is It For: Since it is non-irritating and calming, it's beneficial for most skin types and conditions, especially sensitive.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Where to Find It:

- [COSRX Clarifying Toner](#)
- [First Aid Beauty Ultra Repair Cream](#)
- [Vivant Allantoin Sedating & Hydrating Lotion](#)
- [Euro Clinicals Cucumber Anti-Couperose Mask](#)



With the exception of humans and higher apes, allantoin is found in the urine of mammals. It is the primary form in which nitrogen-containing waste is excreted in the urine of these animals. Allantoin is also found in many plants, such as comfrey, horse chestnut and bearberry.



Ashwaganda

What It Is: (*Withania somnifera*) Ashwagandha, which derives its name from Sanskrit words 'Ashwa - horse' and 'Gandha - odor', is an evergreen shrub that grows in the Middle East, India, and some parts of the African continent. It is commonly known as 'Indian ginseng' or 'Indian winter cherry' and has been used in India since ancient times as a go to medicine for a variety of conditions.

Considered a skin “superfood”, it is used extensively in Ayurvedic treatments to help balance the doshas (each of three energies believed to circulate in the body and govern physiological activity: Vata, Pitta, Kapha), particularly Vata and Kapha.

Ashwagandha is rich in bio-active principles such as withanolides, (compounds that produce anti-inflammatory and analgesic effects) saponins (natural cleansers) and alkaloids (plant metabolites which have therapeutic effects) which deeply cleanse, moisturize, and calm the skin.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

What It Does: With its potent anti-inflammatory and wound healing properties, it helps to fight inflammatory skin conditions by repressing C-reactive protein levels (A protein made by the liver. If protein levels are high, it causes inflammation in the body). It also helps to control skin blemishes with its powerful antimicrobial properties, including inflammation, redness, and irritation caused by breakouts. It aids in the healing of acne scarring and has a soothing effect on the skin. It promotes skin cell repair and renewal by boosting collagen production.

Who Is It For: Ashwagandha has effective antimicrobial, antioxidant and anti-inflammatory properties that help protect and heal the skin from photo damage, sensitivities, and inflammatory conditions. All skin types can benefit – especially blemish prone, mature, and sensitive.

Where to Find It:

- [Euro Botanicals Multi-Fruit Hydration Gel](#)
- [Youth to the People Adaptogen Deep Moisture Cream](#)
- [Herbivore Emerald Deep Moisture Glow Oil](#)
- [Disciple Skincare Good Skin Face Oil](#)



Try it! Ashwagandha tea with milk and cardamom. This is one of the most common ways to consume this magic herb according to Ayurvedic tradition. Drinking up to 2 cups daily is said to relieve stress and fatigue (Or pop a couple of Ashwagandha gummies!).



Astaxanthin

What It Is: A superhero when it comes to protection, astaxanthin is a potent antioxidant. It is a naturally occurring pigment from the carotenoid family. A class of plant colorants, beta carotene (carrots) and lycopene (tomatoes) are the most common compounds in this class. It also gives salmon, shrimp, and lobster their reddish tint. It's between 10 and 100 times more powerful than its relatives (beta and lyco). It's sometimes referred to as the strongest antioxidant in nature. **Wow.**

What It Does: It improves dry skin, protects the skin against free radicals and sun (photo) damage, and is an anti-inflammatory. Astaxanthin has been shown to calm inflammation in the skin (eczema, dermatitis), improve the appearance of fine lines and wrinkles in mature skin, reduce appearance of hyperpigmentation (age spots) and help repair DNA damage due to UV rays.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Who Is It For: All skin types and conditions can benefit, especially any type of inflamed, irritated, or damaged skin conditions.

Where To Find It: Astaxanthin can be found in many products including cleansers, serums, and moisturizers.

- [DHC Astaxanthin All-In-One Collagen Gel](#)
- [Maya Chia, The Super Couple Ultra Luxe Face Oil Serum](#)
- [Suntegrity Skincare Natural Moisturizing Face Sunscreen & Primer SPF 30](#)
- [Euro Botanicals Renewal Serum](#)



Astaxanthin is 6,000 times STRONGER than Vitamin C in terms of antioxidant properties.



Australian Wild Plum Extract

What It Is: (*Terminalia ferdinandiana*) aka Kakadu Plum, is a small green fruit that only grows on trees in the northwest territories of Australia. It contains the natural nutrient gallic acid, which is a phenolic acid (a skin-healthy type of natural plant antioxidant) that works to protect against free radical damage caused by the sun, pollution and environmental toxins. Free radicals attack cells causing dehydration and accelerating the signs of aging. It has 55% more Vitamin C than oranges and 5 times the antioxidants of blueberries!

What It Does: With the high level of vitamin C and antioxidants, Kakadu plum helps brighten, even, firm, and tighten skin, making it the ideal anti-aging ingredient. Unlike other forms of Vitamin C which can be irritating especially for blemish prone skin conditions, Kakadu plum is gentle but effective.

Who Is It For: Kakadu plum benefits all skin types and can even help keep blemishes at bay. It combats acne, helps reverse hyperpigmentation caused by UV rays, and increases the skin's hydration.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Where to Find It:

- [BioElements Plump Start](#)
- [Kora Organics Noni Glow Overnight Plumping Hydration Mask](#)
- [Three Ships Dew Drops Mushroom Hyaluronic Acid & Vitamin C Serum](#)
- [RMS Beauty, Kakadu Evening Beauty Elixir](#)



Kakadu National Park is a living cultural landscape with exceptional natural and cultural values. Kakadu has been home to Aboriginal people for more than 60,000 years, and many of the park's extensive rock art sites date back thousands of years.

Beauty Beyond Belief: 49 Odd Skincare Ingredients



Austrian Moor (Heilmoor clay)

What It Is: Moor is a rare form of nutrient-rich peat created by the gradual transformation of herbs, plants & flowers that have been permanently submerged under water or underground. It is free from oxygen's decaying effects and in the right climate conditions, the plant material transforms during a ripening process over many thousands of years into a rich, black substance, or "mud".

During this process the organic and inorganic substances in the plants are assimilated into the Moor resulting in an herbal complex with healing and therapeutic properties.

Moor has been a part of traditional medical folklore throughout many parts of Central Europe for centuries. During the past 60 years, a wealth of clinical studies conducted on Moor therapy has confirmed that Moor does possess a wide range of beneficial properties.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

What It Does: The soothing properties of Moor mud make it an excellent treatment for helping relieve the symptoms of acne, eczema, dermatitis, and psoriasis. It has also been used widely as an aid in the treatment of bruising, burns, scar tissue, post-laser surgery and for general improvement of skin tone and texture. It is detoxifying, stimulates circulation, and nourishes the skin.

Who Is It For: Moor Mud can be used by all skin types. For normal to oily skin it's a powerful astringent, helps clear acne, reduces redness, and improves skin tone over time with proper use.

Where To Find It:

- [Euro Botanicals Moor Multi-Fruit Face & Body Mask](#)
- [Enessa Replenishing Moor Mask](#)
- [Peter Thomas Roth Irish Moor Mud Mask](#)
- [Kerstin Florian Natural Moor Mud Masque](#)



Moor Mud is AWESOME SAUCE! Do you have trouble unwinding after a stress filled day? Or do you feel kinda sludgy? Can't sleep? Try a MUD BATH! Just 15 minutes could change your whole perspective. Believe it or not, immersing yourself in a hot bath with a small amount of dissolved moor mud for only 15 minutes a few times a week works minor miracles!

Beauty Beyond Belief: 49 Odd Skincare Ingredients



Azulene

What It Is: Azulene is a natural botanical oil derived from the steam distillation of chamomile, yarrow, or blue tansy flowers, all of which have anti-inflammatory properties.

What It Does: Azulene oil soothes and reduces redness and inflammation. It's also moisturizing and enhances skin barrier function and has some antibacterial properties. It's considered a "dry" oil, so it is easily absorbed and non-greasy. Its anti-inflammatory benefits, coupled with the fact that azulene is also anti-microbial, is why the ingredient is often found in acne treatments.

Who It's For: Azulene oil is great for sensitive skin types, as it's both non-irritating and calming. It also helps dry and mature skin retain moisture. However, if you are sensitive or allergic to chamomile you could have a reaction. There is also some evidence that azulene can make your skin more sun sensitive, so be sure and use an SPF or avoid sun exposure directly after applying a product containing azulene.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Where To Find It:

- [Dr. Spiller Azulen Cream](#)
- [Mario Badescu Azulene Calming Mask](#)
- [PureCeuticals Azulene Calming Creme](#)
- [Dr. Grandel Azulene Cream](#)



Its name comes from the Spanish word for "blue," (azul), it was first isolated in the 15th century from the German chamomile herb. Towards the end of the 19th century, scientists discovered azulene in other plant life, including yarrow and wormwood.

Beauty Beyond Belief: 49 Odd Skincare Ingredients



Babassu

What It Is: Babassu oil comes from the forests of South America, from the babassu palm tree, aka, *Attalea speciosa*. This tree can be commonly found in northern Brazil. The leaves, roots, and fruits are all used medicinally, and babassu oil is made from the seeds of the babassu palm.

What It Does: Babassu oil is a potent antioxidant and has anti-inflammatory properties, which is great for wound care, promoting a healthy skin barrier, and protecting the skin from long-term environmental damage. It's non-greasy and fast absorbing. It is naturally rich in healthy fatty acids. The skin naturally contains lauric acid, (this fatty acid plays an important role in reinforcing skin's natural defenses by strengthening its microbiome) which makes up over 50% of the fatty acids in babassu oil. This helps give the skin plumpness, moisture and reduce skin irritation. It is also anti-fungal and anti-microbial making it effective in targeting blemish prone skin.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Who Is It For: Best for dry, damaged, mature, and problem prone skin conditions.

Where to Find It:

- [Seraphine Botanicals Babassu Balm](#)
- [Urbanella Babassu Niacinimide Body Lotion, Unscented](#)
- [Tarte Babassu Foundcealer Skincare Foundation SPF 20](#)
- [Mario Badescu Skin Care Rose Lip Balm](#)



What is a babassu breaker? It comes from “quebradeira de coco babaçu”, a term used by an estimated several hundred thousand women in Brazil who gather and break open the fruit. Many quebradeiras’ aim is to use the entire fruit: the seed kernels for oil or milk, the middle layer for flour, and the husk for charcoal. The income generated from babassu-derived products is crucial to thousands of families’ survival.

Beauty Beyond Belief: 49 Odd Skincare Ingredients



Bakuchiol

What It Is: Considered a natural alternative to retinol, this extract is derived from the leaves and seeds of the babchi plant. It's an herb commonly used in Indian Ayurvedic and Chinese medicines, as well as Tamil Siddha practices, to help heal, calm, and soothe the skin, thanks to its anti-inflammatory and antibacterial properties.

Who Is It For: All skin types and conditions can benefit, especially any type of inflamed, irritated, or damaged skin conditions. A good alternative for sensitive skin conditions.

What It Does: Bakuchiol deeply penetrates the skin to help lessen the appearance of dark spots or areas of hyperpigmentation. Like retinol, bakuchiol tells your cells to regenerate and make collagen, "plumping" your skin and reducing the look of lines and wrinkles.

While retinol and other skincare ingredients may dry out skin or cause irritation, bakuchiol is more gentle and isn't known to cause any irritation. Bakuchiol sends signals to your cells that it's time to ramp up collagen production and cell turnover.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Where To Find It:

- [The Rituals Bakuchiol Natural Booster](#)
- [The Inkey List Bakuchiol Moisturizer](#)
- [Herbivore Bakuchiol Retinol Alternative Smoothing Serum](#)
- [Kora Organics Plant Stem Cell Retinol Alternative Serum](#)



Unlike retinol and other retinoid derivatives that are not recommended to use during pregnancy and while breastfeeding, bakuchiol is considered safe and it can be an alternative ingredient for blemish prone/acneic skin conditions, refining texture and skin tone and minimizing signs of aging.

Beauty Beyond Belief: 49 Odd Skincare Ingredients



Bamboo

What It Is: Bamboo is technically a grass, and while most species are native to warm and hot tropical climates, they are very hardy and can grow in cool, mountainous regions and highland forests. They are among the fastest growing plants in the world, capable of growing between 23-36 inches in a single day. There are more than 1,400 species of bamboo. The most widely known is *Bambusa vulgaris*, or common bamboo. It is native to tropical and subtropical regions throughout Asia.

Bamboo extract is obtained by distilling certain parts of the plant with water or ethanol (organic, used as a solvent). Generally speaking bamboo extract is a skin friendly ingredient, containing silica and vitamins C and E.



Beauty Beyond Belief: 49 Odd Skincare Ingredients

What It Does: Most relevant to skin care is bamboo's silica, flavonoid, amino acid and phenolic content, which provides exfoliation, antioxidant, nourishing, healing and soothing benefits. Because bamboo is antimicrobial, anti-inflammatory, and acts as an antibiotic, it's a powerhouse for rejuvenation and cell growth.

Numerous studies have shown that bamboo extract, applied topically, is known to help improve the appearance of skin discolorations like post-acne pigmentation. It leaves the skin feeling hydrated and balanced.

Who Is It For: If you're looking for a new skin enhancing ingredient that works, don't pass up bamboo extracts. They're in many products and good for almost everyone.

Where To Find It:

- [Euro Botanicals Calming Sheet Mask](#)
- [Eminence Skin Care Bamboo Firming Fluid](#)
- [LilFox Dewy Bean Dream Smoothing Serum](#)
- [In Your Face Bamboo Refining Polish](#)



Bamboo Beauty Idea: Add a pinch of bamboo extract powder to your daily cleanser. The powder practically melts in liquids so it blends easily. Massage gently onto the skin for about 30-45 seconds for light exfoliation, rinse with tepid water.



Baobab

What It Is: An ingredient with a rich history, baobab is referred to as the "tree of life". It is native to Africa and it definitely deserves its nickname - a single tree can live for over 500 years. The pulp of baobab fruit—extracted from its pods and transformed into raw powder—has been a favorite ingredient in wellness and beauty treatments for centuries. The oil can be mixed in with products in your skincare routine, such as your moisturizer or used on its own in small amounts.

What It Does: Because baobab is packed with vitamins B, C, and Omega 3s, it can help nourish dry and mature skin. As an oil it helps soothe eczema and relieve dandruff as well, because it is moisturizing (does not replace medications for these conditions). There is not a lot of scientific research on baobab seed oil skincare benefits. A small 2017 study found that baobab oil moisturizes and improves skin barrier function, due to the three major fatty acids in the oil: linoleic acid, oleic acid, and palmitic acid, which help reduce water loss and help improve moisture retention in the skin.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Who Is It For: Baobab is very gentle, so it is recommended for sensitive skin conditions as well as dry and dehydrated. As with any new product, start slowly and do a skin test patch prior to regular use.

Where to Find It:

- [Ustawi Radiance B-Gel Serum](#)
- [R&Co On A Cloud Baobab Oil Repair Splash On Styler](#)
- [Milk & Honey Intense Hydration Cream](#)
- [Kaibae Microbiome Mist](#)



The baobab tree is a superhero in the plant world. It has been around since the dinosaur age – almost 200 million years and can live to be thousands of years old. It's called the tree of life because it has the ability to store large amounts of fresh water in its trunk which animals in the African savannah rely on when water sources are scarce. Because of this ability, it produces fruit even during the driest of years. It grows in Africa and Madagascar.



Bisabolol

What It Is: Bisabolol is a well-known skin soothing agent. It comes in two different structural forms: alpha-bisabolol, derived from chamomile and other plants (although it can also be lab-created) and beta-bisabolol which is found in cotton and corn. The alpha form is the one used in skin care products.

What It Does: Bisabolol increases skin hydration, improves overall skin tone and greatly reduces redness and irritation. Bisabolol is well absorbed and also facilitates absorption of other ingredients. When applied to skin that has been damaged by laser treatment, bisabolol increased skin hydration, surface lipids, skin elasticity and decreased trans-epidermal water loss (TEWL).

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Who Is It For: All skin types can benefit, especially skin types prone to redness, irritation, or for inflammatory conditions like blemish prone or rosacea. Because bisabolol is typically derived from chamomile, and chamomile is a member of the ragweed family, it may be best to avoid it if you have a known allergy to ragweed.

Where to Find It:

- [The Ordinary "B" Oil](#)
- [Revision Skincare Firming Night Treatment](#)
- [Skinceuticals Redness Neutralizer](#)
- [Essopi Triple Antioxidant Serum](#)



Bisabolol is a terpene which is a family of aromatic compounds produced by various plants, including cannabis. The function of bisabolol in plants is to act as a defense, a kind of "chemical weapon" against pests. In cannabis, it contributes as a background to the aroma and flavor profiles of certain varieties, providing sweet floral notes.



Bladderwrack

What It Is: Bladderwrack is a type of brown seaweed that grows on the northern Atlantic, Baltic, and Pacific coasts. It has a unique ability to survive harsh conditions and has been used medicinally for centuries for its anti-inflammatory and healing properties. The minerals and vitamins in bladderwrack make this seaweed a powerhouse ingredient for the skin.

What It Does: Rich in calcium, iodine, iron, magnesium, potassium and B vitamins, bladderwrack helps calm inflammation when taken as a supplement or applied topically to the skin. It also contains antioxidants vitamins A, C and E, which help to neutralize free radicals from environmental aggressors like pollution and pollen, treat dullness, fine lines, and other signs of aging.

Bladderwrack contains niacin (vitamin B3) a brightening nutrient that can help reduce the appearance of dark spots (pigmentation) over time. Its high iodine content helps promote cellular turnover, which helps remove dead skin cells and refines pores. It helps skin retain moisture, soothes irritated skin and calms acne-related inflammation.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Who Is It For: It is suitable for all skin types and a safe alternative treatment for pregnant women experiencing hormonal breakouts who need to avoid ingredients like salicylic acid.

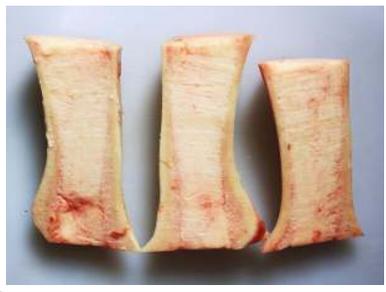
Where to Find It:

- [Euro Botanicals Hydrating Marine Toner](#)
- [Senluve Lose the Face Fluff Bladderwrack Algae Serum](#)
- [Haeckels Marine Facial Cleanser](#)
- [Mario Badescu Seaweed Night Cream](#)



Bladderwrack is one of the first documented seaweeds for medicinal purposes, earning it the nickname, "Dr. Seaweed". It's been used for everything from fertilizer to supplements, skincare products, and even insulation for homes.

Beauty Beyond Belief: 49 Odd Skincare Ingredients



Bone Marrow

What It Is: Bone marrow is fatty tissue located in the center of animal bones. Marrow is most concentrated in the bones of the hip, thigh, and spine. Also called glucosamine, it is chock full of beneficial acids and anti-inflammatory properties.

Bone marrow has been studied for a number of reasons in recent years because it is rich in stem cells – cells that can go on to become many different kinds of cells. Bone marrow produces cells that not only help fight infection but also permanently heal wounds, according to research at the University of Washington.

What It Does: The oil found in bone marrow penetrates skin easily and forms a protective barrier that keeps nourishing moisture in. Bone marrow is an excellent source of collagen. The combination of bone marrow, vitamin E, and antioxidants improves skin firmness and elasticity and reduces the appearance of wrinkles.

Who Is It For: All skin types benefit from this nourishing, wound healing, cell regenerating ingredient.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Where to Find It:

- [Stars R Us Bone Marrow Cream](#)
- [Chicet Bone Marrow Cream](#)
- [Frankie's Naturals Bone Marrow Cream Moisturizer](#)
- [Miracle Marrow Anti-Aging Night Cream](#)



The buzz around bone broth? It's rise in popularity is due to claims that it may protect your joints, aid in digestion, help you lose weight, get a better night's sleep and fight inflammation. There is evidence to suggest these benefits are real, but no published research yet confirms this with certainty.

Beauty Beyond Belief: 49 Odd Skincare Ingredients



Boswellia

What It Is: Boswellia is a shrublike tree that grows across India, Yemen, Somalia, Saudi Arabia, and Ethiopia. It produces a golden resin or sap that has been used as a health and cosmetic remedy by native people for centuries. Its plant name is ***Boswellia Serrata***, and it is found in dry, hilly areas. The gummy resin comes out of the tree trunk and has been traditionally used in the Ayurvedic system of medicine for the treatment of arthritic conditions. The oil of boswellia—frankincense—has long been an important ingredient in Middle Eastern perfumes, because of its unique scent.

What It Does: Boswellia can help create clear, even-toned, more youthful looking skin. It helps reduce the appearance of wrinkles and fine lines, tones the skin (softens), and reduces irritation and redness. It is a potent anti-inflammatory and antioxidant. It helps fades blemishes, and even out skin tone. It is an excellent astringent and toner.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Who Is It For: Inflamed skin conditions benefit such as blemish prone or oily as well as mature skin in need of soothing and refining skin texture and tone.

Where to Find It:

- [AnneMarie Anti-Aging Eye Cream](#)
- [Euro Botanicals Rosehip Seed Cleansing Creme](#)
- [Beautyologie Nuele Restore Conditioner](#)
- [Silktage African Fusion Facial Oil](#)



In ancient cultures, frankincense oil was highly prized – used for religious ceremonies, burials, and in exotic perfumes. According to legend, the land where the trees grew was protected by dragons. Frankincense was more precious than gold. The Greek historian Herodotus (5th century B.C.) wrote that Arabia's trees were 'guarded by winged serpents of small size and various colors.'



Chinese Red Peony Root

What It Is: Native to Asia and Europe, peonies were brought to Japan by Buddhist monks in the 8th century for their healing powers. This beautiful blossom moisturizes, soothes, and contains a compound called paeonol (similar to Vitamin E) which helps neutralize free radicals and supports the skin barrier. It also contains paeoniflorin (a compound extracted from the root used to relieve inflammation). Known in traditional Chinese medicine as the "king of flowers", it is an adaptogen – a class of non-toxic plants that support how our bodies regulate and manage stress.

What It Does: Peony skincare benefits skin by fortifying and protecting skin cells and helps to minimize free radical damage. The peony root extract has also been shown to calm skin and reduce the appearance of fine lines and wrinkles. It is a powerful anti-inflammatory.

Who Is It For: Peony root helps strengthen the skin barrier which in turn helps the skin retain moisture. It is beneficial for all skin types.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Where to Find It:

- [Euro Botanicals Marine Silk Serum](#)
- [Tatcha The Silk Peony Melting Eye Cream](#)
- [Yina Fortify Botanical Serum](#)
- [Pure Peony Moisturizer](#)



The peony was used in the Middle Ages through the 18th century as a remedy for infant and child epileptic seizures, as a powder or the root tied around the child's neck as a cure for "the falling sickness".



Chinese Schizandra Berry

What It Is: Many of us are familiar with “super berries” – goji, and acai. But you may not have heard of this one – and it’s as super as it gets.

Schisandra Chinensis, also known as Wu Wei Zi, Youth Berry, or Magnolia Vine, grows from a deciduous woody vine-like plant native to China, Manchuria, and part of Russia. This scarlet red berry has been used in traditional Chinese herbalism for more than 2,000 years.

Sometimes referred to as the “five flavor berry”, it has a unique taste that incorporates sour, sweet, bitter, salty, and pungent all at once. Chinese herbalism maintains schizandra is a balancer of all the energy meridians in the body. It is an adaptogen, meaning it is non-toxic and has a balancing effect on the body’s organs.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

What It Does: High concentrations of antioxidant compounds allow schizandra to fight off free radical damage and lower inflammation response. Schizandra also has the capacity to improve and repair tissue because of its ability to release leukocytes (white blood cells), which are anti-inflammatory.

Who Is It For: Everyone! Schizandra's anti-inflammatory activity makes it a good choice for healing inflammatory skin conditions such as eczema, dermatitis, and inflammatory-mediated acne. It helps your skin hold on to its moisture, reducing the appearance of fine lines and contributing to a youthful, fresh glow. They don't call it the calming fruit for nothing!

Where to Find It:

- [Euro Botanicals Aloe Salicylic Toner](#)
- [Mad Hippie Daily Protective Serum](#)
- [Goop Beauty All in One Super Nutrient Face Oil](#)
- [Kiehl's Skin Strengthening Hyaluronic Acid Super Serum](#)



Schizandra berry has been used since the dawn of Chinese civilization as a tonic herb and in Chinese medicine it is believed that schizandra is a balancer of all the energy meridians in the body, purifying the three treasures of life force, and nourishing the five elements of wood, fire, earth, metal, and water. It was highly revered, said to "prolong the years of life without aging".



Chinese Skullcap

What It Is: Its botanical name is *scutellaria baicalensis*. It is a purple flowering herb native to East Asia, long used in medicinal treatments due to its unique healing properties. In China the herb is referred to as the “golden herb” because of the root’s golden yellow color. The root is packed with antioxidants (flavonoids) and has been used to treat fever, inflammation, and dehydration among other things. It is used in skincare for its antioxidant and anti-inflammatory properties as well as its ability to inhibit melanin synthesis.

What It Does: It has been shown to help keep skin moisturized, inhibit bacterial infection and growth, reduce symptoms of eczema and acne, strengthen skin immunity and skin barrier function.

Who Is It For: All skin types, but particularly those with irritated, rash prone skin conditions including problem skin (breakouts, blemish prone).

Where to Find It:

- [Whamisa Organic Fruits Body Butter](#)
- [Isoi Sebum Care Essence Lotion](#)
- [Elmt Skin Activating Solution](#)
- [Colleen Rothschild Extreme Recovery Cream](#)

Beauty Beyond Belief: 49 Odd Skincare Ingredients

FRAMELESS



European settlers and folk herbalists learned about the uses of skullcap from Cherokee and other Native American tribes, who had traditionally used it as a tea to soothe the nerves, promote women's health and sometimes used in ceremony. It gets its name from the flowers resemblance to European soldier's helmets. There are 2 varieties of skullcap - American & Chinese. While they are similar in appearance, they are actually 2 different plants.

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Chondrus Crispus

What It Is: It's commonly called sea moss or seaweed and is a type of red algae that grows on rocks in deep ocean water. It grows abundantly on the Atlantic coastline of Ireland. Like other forms of seaweed, it is rich in bioactive antioxidants, antimicrobial, and anti-inflammatory compounds that have potential benefits for skin care. Specifically, sea moss is rich in vitamins and minerals, including zinc, potassium, magnesium, sulfur, and phosphorus - a skincare powerhouse.

What It Does: Sea moss has special moisturizing properties, as it contains high amounts of polysaccharides (called carrageenans), which act as a thickening agent that forms a protective but non-occlusive film over the skin. It binds water and helps hold moisture in the skin. This helps protect the skin barrier. It is also anti-inflammatory, anti-bacterial and non-comedogenic (won't clog pores). It contains sulfur which helps with overproduction of sebum making it good for oily skin.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Who Is It For: All skin types may benefit, particularly oily, blemish prone/problem skin conditions and skin needing additional moisture. Always look for wild, organically sourced sea moss rather than farmed (which may lack potency or contain heavy metals).

Where to Find It:

- [Euro Botanicals Marine Hydration Creme](#)
- [Nourishe Dragonsbreath At Home Facial](#)
- [Drunk Elephant C-Firma Fresh Day Serum](#)
- [Tatcha The Rice Wash Soft Cream Cleanser](#)



Many people consider sea moss to be a plant, but they are actually a species of algae. They do not have roots, stems, or leaves and get their nutrients straight from the water. Researchers have identified over 1,200 sea moss species so far. The ancient Greeks understood the detoxifying properties of sea moss and added it to their bath to flush out toxins.



Chrysanthemum Flower

What It Is: Chrysanthemum extract is a concentrated herbal extract that comes from the chrysanthemum flower. The term means “gold flower” in Greek. It has many anti-inflammatory and skin revitalizing properties and is regularly used in skincare products. Chrysanthemum has been used in traditional medicine for hundreds of years and was originally grown in China but now grown all over the world. The flowers are used to create chrysanthemum extract. There are literally thousands of different varieties, so there are a lot of different types of chrysanthemums used in skincare formulations.

What It Does: The extract has natural astringent properties that are very gentle and are similar to witch hazel. Chrysanthemum oil has been used in traditional Chinese medicine to help revitalize the skin, particularly the undereye area. It’s gentleness makes it a good option for revitalizing the skin around your eyes and anywhere the skin is thin and delicate. With its anti-inflammatory properties, chrysanthemum extract can act as an anti-irritant, similar to aloe vera, to relieve a variety of common skincare irritations.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Who Is It For: Chrysanthemum extract can help relieve skin irritation, redness, and chronic conditions, such as eczema and psoriasis. It also helps to reduce signs of aging, like fine lines and wrinkles and help heal blemishes, due to the high antioxidant content of the flowers.

Where to Find It:

- [BioElements Radiance Rescue](#)
- [Carrot & Stick The Repair Serum](#)
- [Boyface Double Duty DePuff & Firm Eye Serum](#)
- [100%Pure Matcha Oat Milk Nourishing Mask](#)



Chrysanthemums, when grown indoors as a houseplant, can help remove toxins from the air. They have long symbolized fidelity, optimism, joy, and a prosperous life.



Cucumber Extract

What It Is: *Cucumis sativus* or cucumber extract possesses high concentrations of antioxidants, ascorbic acid, and lactic acid. When topically applied, the benefits of cucumber on skin include antioxidant protection and soothing properties.

What It Does: Moisture-binding, soothing, tightening, anti-itching, refreshing, softening, healing, and anti-inflammatory. It contains amino acids and organic acids that strengthen the skin's acid mantle. Cucumber extract provides instant hydration and helps strengthen the skin's natural moisture barrier to prevent future dehydration.

Who Is It For: All skin types can use a little cuke power! Especially good for sensitive, or skin conditions with redness or irritation. It hydrates and soothes the skin. Its refreshing properties can reduce puffiness and relieve itching, as well as help to ease redness.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Where to Find It:

- [Dr. Spiller Cucumber Toner](#)
- [Euro Botanicals Green Tea Cleanser](#)
- [Repechage Eye Rescue Pads w/Tea Extract](#)
- [Snowfox Skincare Cucumber Recovery Serum](#)



DIY: Cucumber & Turmeric Mask

- *1/2 cucumber*
- *A pinch of ground turmeric*
- *1 teaspoon lemon juice*

Mash the cucumber to form a pulp. Mix in the turmeric and lemon juice. Spread the mask over your face and leave on for 15 minutes. Rinse with warm water.

(This face mask is especially good for blemish prone, breakouts and oily skin, but it's suitable for all skin types.)



Diatomaceous Earth

What It Is: DE refers to the soft, crumbly, and porous sediment from the fossil remains of diatoms. Diatoms are classes of unicellular plankton or algae colonies whose skeletons silicify (convert to silica) and settle to form a rich deposit. It's then mined from dried or underwater lake and sea beds. It contains many trace minerals including silica, magnesium, calcium, sodium, and iron. In skincare products, diatomaceous earth is primarily used in scrubs and masks, where it exfoliates and assists in nutrient replenishment.

What It Does: Its absorbency allows it to attract oil and trap bacteria when added to face masks, and its gentle granular quality makes it excellent for use in facial scrubs and cleansers, as an exfoliant to cleanse, smooth and renew, lift impurities, balance uneven tone and stimulate cell renewal.

Who Is It For: All skin types including sensitive. (always test patch to be sure)

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Where to Find It:

- [Mama's Medicinals Honey Face Scrub](#)
- [SkinCeuticals Micro-Exfoliating Scrub](#)
- [SpaRitual Skin Refining Mask](#)
- [COSRX Poreless Clarifying Charcoal Mask Pink](#)



Diatoms are algae that live in houses made of glass. They are the only organism on the planet with cell walls composed of transparent, opaline silica.



Dragon's Blood

What It Is: No, this isn't the kind of blood used in vampire facials. In fact, it's not even blood at all. Dragon's Blood is a bright red resin derived from certain trees, and its medicinal use has been well documented since ancient times. Called *sangre de grado* in Spanish, it was used internally and externally to stop bleeding, help heal wounds and treat intestinal problems. Today, it is used in skin care products to calm inflammation, reduce redness and irritation, and protect against external stressors.

What It Does: Dragon's Blood extract is rich in tannins (compounds that have astringent and anti-inflammatory effects on the skin). Recent studies have shown that Dragon's Blood extract can help heal wounds and improve the appearance of scars. It can also help to reduce inflammation and redness associated with acne and other skin conditions.

Who Is It For: For skin conditions showing redness, irritation, or other inflammatory conditions. Also beneficial for mature skin that shows signs of aging. It can help to heal wounds, reduce inflammation, and protect against infection. It helps improve the appearance of wrinkles and fine lines.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Where to Find It:

- [Okoko Youth Firming Serum with Dragon's Blood](#)
- [Nip & Fab Dragon's Blood Fix Serum Extreme](#)
- [Essance Dragon's Blood Moisturizer](#)
- [Rodial Skincare Dragon's Blood Hyaluronic Velvet Cream](#)



Native to a single island off the coast of Yemen in the Arabian Sea, the extraordinary-looking dragon's blood tree, classified as "extinct proof," can grow to more than 30 feet in height and live for 600 years.

Beauty Beyond Belief: 49 Odd Skincare Ingredients



Edelweiss

What It Is: Edelweiss is part of the family of extremophiles - organisms that survive and even thrive under the worst conditions on Earth. The term extremophile comes from the Latin *extremus*, meaning “extreme,” and Greek *philiā*, meaning “love.” The white edelweiss or ***leontopodium alpinum*** flower is adapted to the Alpine regions of Austria and Switzerland. It grows at high altitudes (6,000-10,000 ft), mostly in limestone where UV exposure is high and temperatures are very cold. This makes edelweiss an expert at protection, and it can bring some of that expertise to the skin.



Beauty Beyond Belief: 49 Odd Skincare Ingredients

Note: There are several types of extremeophiles: (Edelweiss is a cryophile)

Thermophiles are heat-loving, and found in environments like deep sea vents, volcanic soil and around geysers.

Psychrophiles, also known as **cryophiles**, are adapted to extreme cold and live in places like polar seas, or mountains.

Halophiles thrive in high salt conditions like brine and may be found in salt flats or lakes.

Acidophiles are adapted to very acidic conditions, such as volcanic landscapes.

Organisms adapted to multiple extreme conditions are called **polyextremophiles**.

What It Does: The edelweiss plant contains tannins, flavonoids, phenylpropane and hydroxy cinnamic acid (natural compounds that have antioxidant, anti-inflammatory, and antimicrobial properties) derivatives. Edelweiss helps to strengthen the skin barrier, balancing skin and providing moisture. It also has strong free-radical scavenging capabilities to fight the effects of UV exposure.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Who Is It For: All skin types can benefit. The soothing and anti-inflammatory properties in Edelweiss extract make it a great remedy for conditions with skin irritation and redness.

Where to Find It:

- [PureErb Bulgarian Rose Soothing Toner](#)
- [DermAware Vital K Microgel](#)
- [Skin Perfection Edelweiss Extract Antioxidant Serum Booster](#)
- [Delidea Edelweiss & Blackcurrant Illuminating Day Face Cream](#)



As a wild plant, edelweiss is very rare due to its popularity and wild picking by tourism. It has been put on the red list of endangered species as one of the first plants in Germany, and collecting it is strictly prohibited.



Fireweed

What It Is: The common name for *Epilobium angustifolium* comes from the fact that this plant flourishes on land that has been burned or disturbed in some way. It contains about 1-2 % flavonoids like quercetin, myristine, and kaempferol (flavonoid compounds that protect and help fight inflammation).

What It Does: Fireweed extract is an antioxidant. It not only protects the skin from oxidative damage but helps protect the skin from environmental stressors. The tannins and flavonoids present are soothing and anti-inflammatory in nature, so it calms reddened, irritated, or sensitive skin. Its soothing effects begin as little as 30 minutes after application. It also regulates the sebum production in the epidermal layer of skin, which is a benefit for acne-prone skin.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Who Is It For: Sensitive or skin types prone to irritation and redness, blemish prone, oily, or problem skin.

Where to Find It:

- [Prairie Soap Shack Rejuvenate Face Serum w/Fireweed & Yarrow](#)
- [Boreal Folk Apothecary Fireweed Face Oil](#)
- [Tofino Soap Company Juniper & Fireweed Facial Oil](#)
- [Bare Organics Fireweed Face Cream](#)



A single fireweed plant can produce 80,000 seeds! The delicate fluffy parachutes can transport seeds far from the parent plant.



Beauty Beyond Belief: 49 Odd Skincare Ingredients



Goat's Milk

What It Is: The Egyptians are believed to have been some of the first humans to use goat milk for skin care. Cleopatra supposedly soaked her body in goat's milk for its soothing and exfoliating properties. Goat's milk has a similar pH to human skin, so it helps balance the skin's microbiome. It contains Vitamins A, B6, B12 and E and lactic acid, a natural humectant, that helps attract and retain moisture in the skin, which means it delivers a smoother, brighter, more hydrated complexion.

What It Does: Goat's milk helps to calm troubled and sensitive skin conditions. Skin problems like eczema, psoriasis, and dermatitis can benefit from using goat's milk products. The natural nutrients in the milk moisturize, reduce redness and irritation.

Who Is It For: Due to its gentleness, all skin types can benefit from goat's milk's hydrating, soothing, gentle exfoliating properties.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Where to Find It:

- [Kate Somerville, Goat's Milk Duo](#)
- [Goat Milk Stuff Large Solid Goat Milk Lotion](#)
- [Beekman Whipped Body Cream](#)
- [Kristen Arnett, Farm Couture Face Whip Moisturizing Creme](#)



More than 65 percent of the world's population drink goat milk — and with good reason. It offers important benefits that other milks don't.



Gotu Kola

What It Is: Cica, a distant relative to parsley is short for *centella asiatica*, and also known as gotu kola. It has been used in folklore medicine for hundreds of years. The perennial herb belongs to the Umbellifere (Apiceae) family, along with parsley, and grows in tropical, subtropical, and swampy, moist places including parts of India, Pakistan, Sri Lanka, Madagascar, South Africa, the South-Pacific and Eastern Europe. The plant has small, fan-shaped, green leaves; white or light purple/pink flowers; and bears small, oval-shaped fruit. It has been shown to have anti-inflammatory, moisturizing, and wound healing properties. The herb is often used in professional skincare formulations for its moisturizing and antioxidant properties.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

What It Does: The entire plant has been used for medical purposes such as purifying blood, treating high blood pressure, enhancing memory, and promoting longevity.

In Ayurveda, centella asiatica is one of the main herbs used to revitalize nerves and brain cells. Eastern healers also have relied on the ingredient to treat emotional disorders such as depression.

Gotu kola stem cells improve hydration while reducing the appearance of wrinkles. Its ability to increase collagen production, (important for wound healing) along with its soothing properties make it a good choice for relieving redness and irritated skin, including treating acne and calming sensitive skin.

Who Is It For: All skin types, especially sensitive, mature, and problem skin conditions.

Where to Find It:

- [Hydropeptide Cashmere Cleanse](#)
- [Eminence Artic Berry Peptide Radiance Cream](#)
- [Strata Apothecary Gotu Cleanse](#)
- [Euro Botanicals Advanced Moisture Creme](#)



It has been called "the fountain of life" because legend has it that an ancient Chinese herbalist lived for more than 200 years as a result of taking gotu kola.



(Honey) St. Johns Wort

What It Is: St. John's wort is a wildflower found in Europe and Asia that blossoms in June. It contains at least 10 types of bioactive compounds known to have antioxidant, antidepressant, antibacterial, and anti-inflammatory properties. Historically known for its effectiveness in wound care, infections, and mental health, it's used to help alleviate symptoms of depression. In skincare the component hyperforin in the herb is believed to be responsible for St. John's wort's antibacterial effects and wound care benefits.

What It Does: St. John's wort oil contains multiple wound-healing properties. It is a good choice for dry skin, blemish prone, eczema, dermatitis, and other skin irritations. For neurodermatitis or psoriasis, the active ingredients in the oil soothes the skin and relieves itching.

Who It's For: Sensitive, irritated, red or rosacea conditions will particularly benefit, and its hydrating properties are good for dry or dehydrated skin. St. John's Wort's antibacterial properties helps fight the bacteria responsible for acne breakouts. It is anti-inflammatory which helps reduce redness and swelling.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Where to Find It:

- [Dr. Spiller Honey St. Johns Wort Cream Mask](#)
- [Radice Honey & St. Johns Wort Mask](#)
- [Susanne Kaufmann St. Johns Wort skincare products](#)
- [Dr. Hauschka Soothing Day Lotion](#)



Ancient Romans used St. John's Wort during the battles to treat inflammation and accelerate healing of wounds.



Horsetail Extract

What It Is: Horsetail, or *Equisetum arvense* has nothing to do with horses, but this fern type plant looks a little like a horse's tail, doesn't it? It's a plant that primarily grows in temperate climates including North America. There are several subspecies of the horsetail plant that can sometimes grow to almost 100 feet tall. The cultural use of horsetail dates all the way back to ancient Chinese and Roman times. The horsetail herb was used many medicinal purposes by these civilizations.

What It Does: Horsetail is a skin lover which makes it a very popular ingredient in skincare products. It helps to promote collagen and help improve elastin production for skin that is more supple, firm, and toned. It is antimicrobial and antibacterial to help relieve breakouts in blemish prone and problem skin conditions. If you have sensitive skin, horsetail is very gentle. It reduces redness and irritation, calms, and soothes. It's also hydrating. Horsetail, according to the Skin Ratings of the EWG, (Environmental Working Group) is not known to have allergen or immunotoxicity issues. The natural antioxidant properties of horsetail help fight environmental damage. It's also a natural source of many vitamins, including calcium, vitamin C, and thiamine.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Who It's For: Everyone! Mature, dry, dehydrated, oily, combination, problem skin conditions, and sensitive.

Where to Find It:

- [Euro Botanicals Super Emollient Creme](#)
- [Cosmedica Vitamin C Facial Cleanser](#)
- [Freegirl Divine Cellular Renewal Serum](#)
- [Eminence Clear Skin Willow Bark Booster Serum](#)



Horsetail is a natural source of silica. Silica helps to fix calcium, so that the body can store more quantity of this mineral and it is able to form stronger bones or tendons. Research shows that silica in Horsetail may help promote hair growth and strength and may also be beneficial for hair loss, dandruff, and split ends.



Kombucha

What It Is: Many of the skingredients in our spotlight are food related – and Kombucha (*Medusomyces gisevii*) is one of them. Sometimes referred to as the “long-life fungus”, it is the product of specially fermented black tea, a combined yeast and bacterial fermentation that is usually used as a beverage. It boosts skin immune function and improves overall skin tone and texture. Its ability to restore volume to adipocyte (fat cells) cells creates a lipo-filling effect for smoother, younger-looking skin.

What It Does: Kombucha helps support a healthy skin microbiome, which includes preventing infection, maintaining skin moisture and an acidic skin pH, and controlling inflammation. The fermentation process amplifies the naturally occurring concentration of probiotics, vitamin C, B vitamins and antioxidants in kombucha that protect skin cells from damage. The most common probiotic strain in kombucha is lactobacillus, which calms skin irritation and promotes good skin bacteria, which helps keep the skin microbiome in balance. This repairs and strengthens the skin barrier so it can do its job protecting from environmental stressors.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Who Is It For: All skin types can benefit from a little dose of kombucha.

Where to Find It:

- [Youth to the People Kombucha & 10% AHA Power Exfoliant](#)
- [Eminence Kombucha Microbiome Balancing Essence](#)
- [Fresh Kombucha Antioxidant Facial Treatment Essence](#)
- [Elemis Superfood Glow Priming Moisturiser](#)



While it will never replace leather or silk, dried kombucha culture forms a textile called microbial cellulose. It feels similar to well-worn leather and can be made into jackets, shirts, and even shoes.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Kukui



What It Is: Kukui or candlenut, (*Aleurites moluccanus*), is a flowering tree in the Euphorbiaceae family. We typically think of Hawaii when we think of kukui nuts, but its native location is hard to pinpoint due to its early and wide distribution by humans. Native Americans considered kukui a healing plant and the sap was applied topically to heal insect bites, sores, and chapped lips. It was used to make candles – hence the nickname “candlenut.”

What It Does: The gamma linoleic acid in kukui makes it a skin softener. The oil is easily absorbed, non-greasy and highly non-comedogenic (non-pore clogging). It is colorless and mostly odorless, so is used in a variety of skincare and haircare formulations. It is hydrating, soothing and moisturizing, and helps relieve chapped skin, redness, and irritation. It helps reduce inflammation, reduces the appearance of fine lines, boosts collagen production and protects against environmental stressors and damage.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Who Is It For: Kukui is a light, dry oil – non-greasy and non-comedogenic. It's suitable for all skin types, including problem, oily, or blemish prone. Dry, dehydrated, and mature skin will also benefit. It also is suggested to treat dermatitis, psoriasis and eczema, and other common skin issues.

Where to Find It:

- [Hanalei Kona Peptide Eye Cream](#)
- [Body Bliss Coconut Kukui Stretchmark Formula](#)
- [SircuitSkin Cosmeceuticals Lavish Multi-Use Dry Oil](#)
- [Epicurean Kukui Coconut After Bath](#)



The Kukui Nut tree is a symbol of enlightenment, protection, guidance and peace, and its spiritual powers are still believed to flow through Hawaiian culture and its ceremonies.



Licorice Root

What It Is: aka *glycyrrhiza glabra* . The root of the licorice plant has been used for medicinal purposes for years and it's where black licorice candy comes from, but it's also the source of licorice extract used topically for skin. This extract is filled with a variety of skin enhancing compounds, which do everything from delivering antioxidant and anti-inflammatory healing to helping fade dark spots.

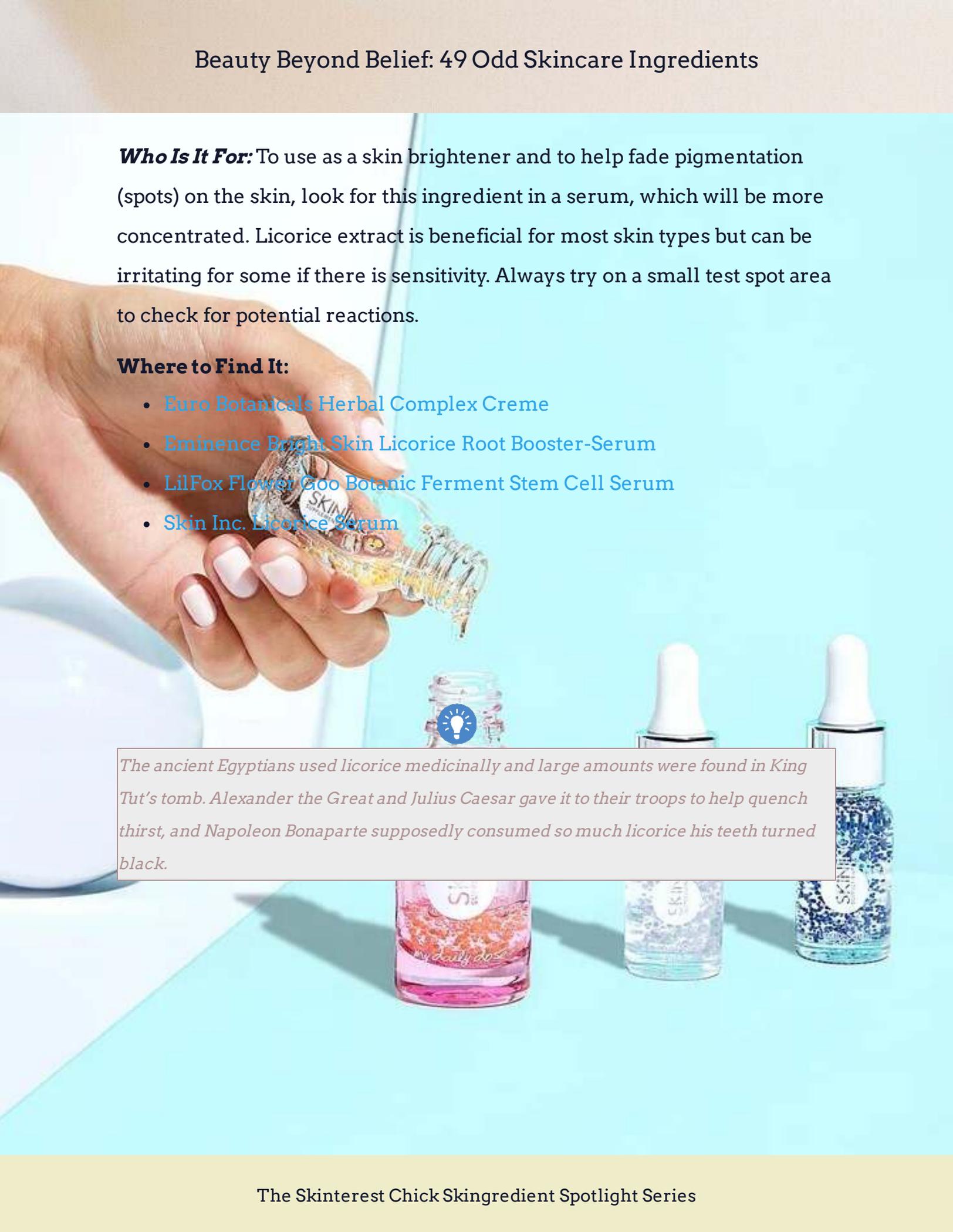
What It Does: One of the primary uses for licorice extract in skincare is as a skin brightening agent. It minimizes the production of tyrosinase. The production of melanin (the skin's pigment or color) is a complicated process, but the key is the enzyme known as tyrosinase. Licorice extract inhibits the production of tyrosinase, which in turn inhibits the production of dark spots. It contains liquiritin, an active compound that helps to disperse and remove existing melanin in the skin, so it helps prevent new spots from forming, and also fade existing ones. It is a powerful antioxidant and anti-inflammatory.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Who Is It For: To use as a skin brightener and to help fade pigmentation (spots) on the skin, look for this ingredient in a serum, which will be more concentrated. Licorice extract is beneficial for most skin types but can be irritating for some if there is sensitivity. Always try on a small test spot area to check for potential reactions.

Where to Find It:

- [Euro Botanicals Herbal Complex Creme](#)
- [Eminence Bright Skin Licorice Root Booster-Serum](#)
- [LilFox Flower Goo Botanic Ferment Stem Cell Serum](#)
- [Skin Inc. Licorice Serum](#)



The ancient Egyptians used licorice medicinally and large amounts were found in King Tut's tomb. Alexander the Great and Julius Caesar gave it to their troops to help quench thirst, and Napoleon Bonaparte supposedly consumed so much licorice his teeth turned black.

Beauty Beyond Belief: 49 Odd Skincare Ingredients



Maca Root

What It Is: Known as "Peruvian ginseng," maca (*Lepidium meyenii*) is a leafy vegetable grown in the Andes mountains of Peru, in South America. The Andean people have used maca for thousands of years as food and medicine. It is an adaptogen plant that supports the body's ability to deal with stress. The plant can withstand harsh, extreme weather conditions, allowing it to grow nearly 4000 feet above sea level. Like other adaptogens (compounds which help regulate the body's hormonal balance), maca root has become one of the most popular health supplements for managing daily environmental stress.

What It Does: Maca root is packed with nutrients, including vitamins B, C, and E, which work together to nourish and revitalize the skin. It contains unique compounds that help stimulate collagen production, essential for maintaining skin elasticity and firmness. Maca root has anti-inflammatory properties that help calm and soothe irritated or sensitive skin. It has been traditionally used for its wound-healing properties. It can aid in healing skin blemishes, minor cuts, and abrasions, thanks to its ability to enhance cellular regeneration and speed the overall healing process. It contains antioxidants to protect skin from environmental stressors.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Who Is It For: All skin types.

Where to Find It:

- [Herbivore Cloud Milk Coconut & Maca Firming Body Cream](#)
- [Epionce Intensive Nourishing Cream](#)
- [Pure Altitude Maca Root Elixir](#)
- [Odylique 3 in 1 Maca Mask](#)



By nourishing the adrenal glands, research has shown maca root can help maintain balanced hormone levels. As an adaptogenic herb, Maca supports normal hormone production and supports the body's natural liver detoxification.



Mangosteen

What It Is: Mangosteen, also known as *Garcinia mangostana*, is a tropical evergreen tree found in South East Asia. Since the 18th century, mangosteen has been used in medicines all around the world, treating various diseases and disorders. A special type of antioxidant is found within this fruit, and especially in its rind. These antioxidants are categorized as rich and biologically active xanthenes (Xanthenes are a group of naturally produced chemical compounds that are found in some plants).

What It Does: The natural antibacterial properties contained within this fruit are extremely useful for treating skin conditions - blemishes, dry skin, oily skin, and acne. The mangosteen has traditionally been used for a many skin problems, including eczema. The xanthenes protect the skin in multiple ways with antioxidant and anti-inflammatory benefits. They prevent environmental damage to the skin while the anti-inflammatory properties protect skin cells and help diminish visible signs of aging.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Who Is It For: Mangosteen is beneficial for all skin types because of its powerful antioxidant, anti-inflammatory and antibacterial properties. Mature, blemish prone, oily, or problem skin conditions in particular, can benefit.

Where to Find It:

- [Euro Botanicals Multi Fruit Hydration Gel](#)
- [Eminence Organics Mangosteen Daily Resurfacing Concentrate](#)
- [Zerfect Skincare Mangosteen Natural Exfoliating Cleanser](#)
- [Good Earth Beauty Mangosteen Body Cream](#)



Queen Victoria was so smitten with mangosteens when they were first presented to her that legend has it she offered a reward of 100 pounds sterling to anyone that could deliver her a fresh one.



Matcha

What It Is: A superfood that's an ingredient of choice among tea drinkers, matcha is also a superhero in the skincare world. Its use dates back to 12th century China. It's a form of green tea (*Camellia sinensis*) which was used exclusively by the nobility during ancient times. The leaves have high levels of xanthine and the polyphenol epigallocatechin gallate (EGCG). These components help protect the skin from aging and serious damage from the sun's UVB rays. The xanthines in matcha (like caffeine and theobromine), also have natural anti-inflammatory properties.

What It Does: Green tea's EGCG is an antioxidant 20 times stronger than tocopherol (vitamin E), and more than 65 times stronger than the average fruit or vegetable. These properties help to repair sun damage, acne, and scarring; reduce inflammation and redness; and improve blood circulation and cellular metabolism.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Who Is It For: All skin types, especially photo damaged, blemish prone/acne, and irritated skin as it reduces redness and inflammation.

Where to Find It:

- [Peach & Lily Matcha Pudding Antioxidant Cream](#)
- [Beautyologie Green Tea Face Mask w/Matcha Superfood](#)
- [Farmhouse Fresh Green Fixer Calming Elixir Organic Matcha Serum](#)
- [Tatcha The Matcha Cleanse](#)



Matcha tea is 100% unique! Instead of using leaves like other green teas, matcha tea comes in fine powder form. You use a matcha whisk to whisk the powder into hot water, suspending it. Since the powder is not soluble, you should drink it quickly before the leaf particles settle at the bottom of the cup.





Moringa Seed

What It Is: Moringa seed oil (*Moringa oleifera*) is an oil that comes from the moringa plant found in the Himalayan mountains. Its seeds contain about 40 percent oil, high in oleic acid triglycerides (fatty acids). It contains powerful antioxidant tocopherols (vitamin E) and calming sterols (a class of lipids that are cell membrane reinforcers), which makes it ideal for skincare formulations.

What It Does: Moringa oil hydrates skin, reduces appearance of fine lines and wrinkles, is antimicrobial and anti-inflammatory. Moringa oil is rich in vitamin C (in fact, it has seven times more vitamin C than oranges), which can help brighten hyperpigmentation.

Who Is It For: Excellent for dry skin as it seals in moisture and repairs the skin barrier. Its anti-inflammatory properties may also help clear up breakouts. Moringa oil is a lightweight oil that mimics your skin's natural sebum, so it won't clog pores or feel greasy.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Where to Find It:

- [Alpyn Beauty Creamy Bubbling Cleanser w/Fruit Enzymes & AHA's](#)
- [Follain Eye Cream Firming & Brightening](#)
- [Lilfox Acid Glow Rapid Retexture Peel](#)
- [Mara Algae & Moringa Universal Facial Oil](#)



The Moringa tree is regarded as one of the world's most vital trees as almost every part of the tree can be used for medicinal or culinary purposes.

Creamy Bubbling
Cleanser with
Fruit Enzymes & AHA's
Crème nettoyante
mousseuse aux
enzymes de fruits et aux AHA



Murumuru Seed

What It Is: Murumuru (*Astrocaryum murumuru Mart*) is a weird ingredient that's weird to say as well! Murumuru butter benefits range from softening hair to protecting skin from dryness. The murumuru butter or oil is made from the fruit fat found in murumuru nuts, grow on palm trees in wet soils and swamps. It is rich in fatty acids, including lauric acid and myristic acid, which helps support the natural skin barrier and prevent moisture loss.

What It Does: Murumuru has natural anti-inflammatory properties to help soothe irritated or sensitive skin conditions, including eczema and psoriasis, while helping to seal moisture into the skin. It is deeply nourishing and healing and has a high Vitamin A content – the gold star ingredient for anti-aging skin repair benefits. It is also richly emollient, softening and locking in moisture.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Who Is It For: In general, for dry, dehydrated and/or sensitive skin.

Murumuru butter is not recommended for blemish prone, oily, or problem prone skin conditions. It is not as comedogenic (pore clogging) as coconut oil.

Where to Find It:

- [BioElements Radiance Rescue Mask](#)
- [Love Beauty & Planet Murumuru Butter & Rose Shampoo](#)
- [Murumuru Daily Dessert Cleansing Foam](#)
- [Glossier Priming Moisturizer Rich](#)



Murumuru butter's unique composition of essential fatty acids and Vitamin A help restore elasticity to damaged and aging skin and makes a highly desirable ingredient for use in anti-aging formulations.

Beauty Beyond Belief: 49 Odd Skincare Ingredients



New Zealand Mamaku Fern

What It Is: This giant black fern (*Cyathea medullaris*) is native to New Zealand and its large canopy of fronds protects native forests from water loss. The extract does the same thing for skin and is known for its ability as a skin hydrator, promoting healthy cell renewal as well as repairing DNA strains. For generations, the spiral shoots were a traditional food of the Māori people, who also used the plant's extract for healing - revitalizing, cooling, and hydrating the skin.

What It Does: Mamaku fern is rich in antioxidants, vitamins, and minerals that nourish and rejuvenate the skin. It's known for its ability to promote collagen production, enhancing skin elasticity, and reducing the appearance of fine lines and wrinkles. Its soothing properties make it an ideal choice for sensitive or irritated skin, as it helps calm redness and inflammation.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Who Is It For: All skin types can benefit, especially mature, sensitive, and reactive skin conditions. It is good for blemish prone/problem skin due to its ability to calm and balance the skin.

Where to Find It:

- [Euro Botanicals Marine Silk Serum](#)
- [Antipodes Hosanna H2O Intensive Skin Plumping Serum](#)
- [New Zealand Native Oils Rose & Mamaku Daily Facial Moisturiser](#)
- [Matakana Skin Care Gentle Cream Cleanser](#)



The mamaku fern's stems are packed with gel that is as close to an age-defying elixir as any natural skin care ingredient. The gel not only helps skin cells rejuvenate by encouraging the production of collagen and elastin cells, it also offers rich moisture that soothes and softens parched skin.

Beauty Beyond Belief: 49 Odd Skincare Ingredients



Paradise Apple

What It Is: *Pyrus Malus*, or apple extract needs no introduction – we’re all familiar with the many benefits of the humble apple - it’s good for your insides and your outsides. Apples are loaded with proteins, starch, sugars, acids, vitamins, and salts. The sugars (mainly fructose, glucose, sucrose) give apple fruit extract its moisturizing and smoothing properties, while the acids (malic and gallic acid) give it mild exfoliating, brightening and antibacterial properties.

What It Does: This super fruit is packed with antioxidants, making it an extremely powerful ingredient that effectively fights the signs of aging, smooths skin and evens skin texture and tone. Apple extract has been shown to increase skin hydration by 88%.

Who Is It For: Mature skin, blemish prone/oily or problem skin conditions, and photo damaged (its antioxidant properties help neutralize free radicals, a primary cause of skin aging) skin (hyperpigmentation, dark spots).

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Where to Find It:

- [Epionce Daily Shield Tinted SPF 50](#)
- [Oars & Alps 100% Mineral Anti-Aging Face Moisturizer](#)
- [Juice Beauty Antioxidant Moisturizer](#)
- [Dermalogica Awaken Peptide Eye Gel](#)



Rich in vitamins A, B complex and C, eating apples regularly benefits your skin by helping to get rid of pathogens and excess oil.



Pot Marigold

What It is: Bright and cheerful, marigolds were considered a symbol of happiness to the ancient Romans. We're focusing on the *Calendula officinalis* specimen (not the type you see in gardens). *Calendula* is believed to have originated in southern Europe, in Mediterranean areas and parts of Asia. It is easy to grow, blooming abundantly almost anywhere its planted. The plant was prized not only for its bright blossoms, but also because it provided a continuous supply of flowers and leaves to use in cooking and medicine. *Calendula* was common in German soups and stews, which earned it the nickname "pot marigold."

What It Does: The whole plant, especially the flowers and leaves, has anti-inflammatory, antiseptic, antispasmodic, astringent, and wound healing properties. The dried flower tops were used for antipyretic (anti-fever), and to help reduce scarring. Topical infusions of the flower are also said to serve as an antifungal, antimicrobial and antiseptic for wounds, and to address dark spots.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Who Is It For: Its anti-inflammatory and astringent properties make pot marigold an excellent ingredient for blemish prone, oily, or problem skin conditions. Its antiseptic, antibacterial and wound healing benefits are good to help heal redness and irritation from skin disorders like dermatitis and eczema.

Where to Find It:

- [Free & True Marigold Morning AM Creamy Gel Cleanser](#)
- [Eminence Skincare Linden Calendula Treatment](#)
- [Kiehl's Calendula Herbal Extract Toner](#)
- [Kate Somerville HydraKate Recharging Water Cream](#)



Marigolds have special significance to people of the Americas. The golden color of the petals and fragrance are said to help the souls of the deceased find their way home from their graves during the annual Day of the Dead traditionally celebrated on November 1st and 2nd.



Prickly Pear Cactus

What It Is: Prickly pear (*Opuntia ficus-indica*) is native to Mexico and the southwestern United States. The plant extract is obtained through a process of extraction using solvents or by cold pressing the fruit. The hard seeds are used to produce an oil. It is one of the most commonly sourced cactuses for skin care. Many parts of the plant are used, including the flowers, seeds, and stem.

What It Does: Prickly Pear extract is rich in vitamins, minerals and antioxidants which helps protect the skin from damage caused by free radicals. The extract can help to reduce the appearance of fine lines and wrinkles and its hydrating properties help moisturize and support the skin barrier. It also has antibacterial properties.

Who Is It For: All skin types can benefit from this versatile ingredient, especially dry or dehydrated skin conditions. Blemish prone or sensitive skin will benefit from prickly pear's ability to soothe skin. Problem skin tends to break out due to a deficiency in linoleic acid in the skin barrier. The linoleic acid found in prickly pear oil can help alleviate inflammation and breakouts.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Where to Find It:

- [LilFox Prickly Pear Illuminating Face Nectar](#)
- [Nourishe Aye Serum Brightening Eye Hydrator](#)
- [TonyMoly I'm Cactus Sheet Mask](#)
- [Irene Forte Skincare Prickly Pear Face Cream](#)



Prickly pear fruit, which comes from the flat, leaf-stems is said to taste a bit like watermelon. The fruit (known also as “cactus fruit”, “cactus fig”, “Indian fig” and “tuna”) has been a staple of the native Central American diet for centuries and today is used to make candy and jam.





Propolis

What It Is: Propolis is a waxy substance formed by the combination of tree sap and beeswax that bees use to build their nests. It contains a complex mixture of anti-inflammatory and antimicrobial compounds. Its widest use has been for its antibacterial and anti-fungal properties (useful for protecting a bee's nest from the elements). Research is showing the bioactive component of propolis (called balsam) may encourage faster cell turnover and create a protected environment to allow for sterile skin repair.

What It Does: The main effects of propolis are anti-inflammatory and antimicrobial. It's helpful in treating skin disorders like eczema and psoriasis by decreasing inflammation. Propolis has antioxidant properties which help fight sun related oxidative damage to the skin and there is some evidence it may help reverse appearance of acne scarring and pigmentation.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Who Is It For: For skin conditions that need mild wound healing, treating scarring or pigmentation issues, these may benefit from propolis. As with any ingredient, when applied to the skin, there is risk of an allergic reaction or contact dermatitis to propolis. Test the product (on the inner forearm) for a week or so before applying it to more sensitive or larger areas. Avoid if you have allergic reactions to bee stings.

Where to Find It:

- [Cosrx Full Fit Propolis Honey Overnight Mask](#)
- [Dr. Spiller Propolis Day Cream](#)
- [Hey Honey Propolis & Honey Soothing Moisturizer](#)
- [Skin Buzz Clean Bee Organic Cleanser](#)



Bees make propolis as building material for their hive to seal holes in their honeycomb, which gives it the nickname "bee glue".



Reishi Mushroom

What It Is: Mushrooms are magical! For centuries, they've been used in medicine for healing inflammation, curing infection, and to boost the immune system. And the reishi mushroom is no exception. Known as the "mushroom of immortality", they are deeply hydrating, packed with antioxidants, and are adaptogens (substances that help the body to adapt to stress). In skincare they can be found in products such as serums, moisturizers, and masks.

What It Does: Reishi mushrooms are bursting with skincare benefits from reducing redness and skin irritation, to deeply hydrating (polysaccharides in the reishi mushroom provide humectant and hydration), reduce the appearance of fine lines, help fade acne scars, and repair and reinforce the skin barrier.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Who Is It For: Reishi mushroom works well with just about any skin type (unless you have a specific sensitivity to mushrooms or any of their components). According to research, the immune system modulating effects of reishi have the benefit of diminishing allergic reactions.

Where to Find It:

- [Euro Botanicals Renewal Serum](#)
- [Eminence Skincare Birch Water Purifying Essence](#)
- [Youth to the People Adaptogen Deep Moisture Cream](#)
- [Paula's Choice Super Hydrate Overnight Mask](#)



Healers believed that the reishi mushroom had potent anti-aging properties, and it has been used as a talisman of luck, healing, and wellness in Chinese culture for centuries. It also goes by the nickname "soul mushroom" and "king of mushrooms."

Beauty Beyond Belief: 49 Odd Skincare Ingredients



Royal Jelly

What It Is: Royal Jelly is the white secretion that comes from the throat glands of honeybees. Both propolis and royal jelly are “bee-related”, however, bees actually create propolis using their saliva, beeswax, and tree sap, while royal jelly is a bodily fluid. Worker bees feed these secretions to bee larvae during the first few days of life. It's the protein – royalactin - in royal jelly that causes a young bee larva to develop into a queen bee. The queen feeds on it daily and it is credited with her fertility (she lays over 2,000 eggs a day) and long life (5 years vs. 7 weeks for a worker bee). Cultures have used this natural ingredient in medicine for centuries. In France, people have been using royal jelly as a supplement and beauty aid for decades.

What It Does: Royal jelly is rich in protein, lipids, amino acids, minerals, and vitamins. It also contains bioactive compounds such as peptides, flavonoids, fatty acids, and phenolic acids. It promotes skin hydration and elasticity, It helps the outer skin layer retain moisture as well as fighting inflammation, is wound healing, and may regulate oil production (there is not much research available at this time to confirm this claim).

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Who Is It For: Royal jelly is used in skincare products of all kinds: cleansers, makeup removers, toners, serums, moisturizers, and masks. It is particularly recommended for blemish prone/oily/problem skin conditions, mature, and sensitive (prone to redness or irritation).

Where to Find It:

- [Jafra Royal Jelly Scar Balm](#)
- [Bjorns Colorado Honey Royal Jelly Face Cream](#)
- [Dr. Spiller Royal Jelly Cream](#)
- [Earth to Skin Honey Royal Jelly Under Eye Cream](#)



Royal jelly is an energy tonic that is highly complex. It is a protein-based food recognized as a natural source of many vitamins and minerals. It is full of antioxidants and great to take everyday as a nutritional superfood.

Beauty Beyond Belief: 49 Odd Skincare Ingredients



Rutin

What It Is: Rutin is a polyphenol flavonoid (a group of about 4,000 antioxidants found naturally in wine, chocolate, fruits like grapes and pomegranates, vegetables, and green tea). The main reason it's used in skincare is its high antioxidant and free radical-scavenging ability. Buckwheat, Japanese pagoda tree, eucalyptus, lime tree flowers, elder flowers, hawthorn, rue, St. John's Wort, Ginkgo, and apples are sources of rutin. It is packed with antioxidants and is antibacterial and wound healing.

What It Does: Rutin can help improve the appearance of fine lines, wrinkles, and dark circles, as well as reduce redness and protect the skin from oxidative stress (a chemical reaction that occurs in the skin when there is an imbalance of free radicals and antioxidants). It has anti-inflammatory properties, to help to soothe and calm irritated skin.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Who Is It For: If you're looking for a natural ingredient that can provide powerful antioxidant protection against aging, strengthen blood vessels, and reduce redness in your skin, try rutin. It's agreeable for most skin types, including sensitive and reactive skin, and can be used in combination with other skin care ingredients for a more comprehensive routine.

Where to Find It:

- [Everden Nourishing Stretch Mark Cream](#)
- [Sanitas Skincare Vita K](#)
- [Sorella Apothecary Tinted Dew Drops SPF](#)
- [Repechage Red Out Serum](#)



One of rutin's common uses is to ease arthritis pain. Studies have shown that it aided in suppressing oxidative stress in people with arthritis. This could be due to rutin's strong anti-inflammatory and antioxidant properties.



Sheep Sebum (Lanolin)

What It Is: Lanolin is an oil produced by sheep and is found in their shorn wool. The oil keeps their wool coats waterproof and deodorized. In its pure form, it looks like a yellow-colored, waxy substance. It is a prime ingredient in lip and body lotions, balms, butters, and creams. It's similar to human sebum, (the oil secreted by the sebaceous glands).

What It Does: It is an emollient ingredient, meaning it is an excellent option for sealing moisture into the skin. It is non-occlusive (is not heavy), helps heal dry, chapped skin and minimizes appearance of fine lines. It is often seen as an ingredient in makeup removers, as it cleanses without stripping the skin.

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Who Is It For: Best for dry, dehydrated, and mature skin conditions. If you are allergic to wool, you should avoid lanolin. Blemish prone or oily skin types may benefit from lanolin but use sparingly and/or patch test to see how the skin reacts, since lanolin is slightly comedogenic. Lanolin can be irritating to sensitive skin and may cause allergic reactions on cracked skin. Prevent allergic reactions and sensitivities by always doing a patch test.

Where to Find It:

- [Lanolips The Original 101 Ointment Multi Purpose Super Balm](#)
- [Deborah Lippman Cuticle Remover Pen](#)
- [triple Lanolin Hand & Body Lotion](#)
- [Blistex Daily Conditioning Treatment](#)



Over 100 years ago a chemist names Isaac Lifshutz used lanolin to develop the world's first true skin cream. It's now known as the brand "Nivea".



Silver Ear or Snow Mushroom

What It Is: It looks like a shimmery gelatin flower, but *tremella fuciformis* is a fungus and it's taking center stage in skincare along with so many other mushrooms due to their weirdly wonderful skin benefits. Also known as snow mushroom, it is commonly used in traditional Chinese foods (snow fungus soup) and has been a staple ingredient in Asian medicine and food for thousands of years.

What It Does: The fungus acts very similarly to hyaluronic acid, as it helps bind moisture to the skin. Snow mushrooms hold up to 500 times their weight in water and penetrate the skin more effectively than hyaluronic acid, providing deeper hydration and improved moisture retention. They are rich in Vitamins A, C, D and have strong antioxidant and anti-inflammatory properties. Snow mushrooms are also a source of kojic acid, an ingredient which is used to address hyperpigmentation (dark spots, photo aging from sun damage).

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Who Is It For: Snow mushroom benefits all skin types, including sensitive and blemish prone/oily skin. Its hydrating and anti-inflammatory properties make it an excellent choice for dry or irritated skin, while its brightening and antioxidant properties benefit skin that has uneven skin tone or dullness.

Where to Find It:

- [BioElements Soothing Reset Mist](#)
- [Eminence Snow Mushroom & Reishi Masque](#)
- [Well People Revitalizing Dew Snow Mushroom Eye Gel-Cream](#)
- [Tata Harper Hydrating Floral Mask](#)



Also known as the White Jelly fungus, White fungus, Snow fungus, and White Tree fungus, the tremella mushroom is considered a food delicacy in China and Japan.



Snail Mucin

What It Is: That slime trail snails leave behind as they move is actually a protein and antioxidant rich secretion that protects their bodies and is loaded with elastin and glycolic acid—which is perfect for a skin care product that aims to remove dead skin cells, reduce the effects of photoaging, refine skin texture and stimulate collagen production. It may sound gross, but is it worth it? Definitely.

What It Does: Snail mucin contains moisturizing agents that work to repair the barrier function of the skin. It repels irritants from the environment while also locking in moisture. The mucin contains anti-inflammatory zinc and healing manganese, copper peptides, (collagen-increasing and wrinkle-decreasing effect) and vitamins A & E (antioxidant).

Who Is It For: Snail mucin is beneficial for all skin types, especially dry or mature conditions. Unless you're allergic specifically, it's well-tolerated by most. (NOTE: If you are vegan, remember this ingredient is derived from an animal.)

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Where to Find It:

- [COSRX Advanced 96 Snail Mucin Power Essence](#)
- [Neogen Dermalogy Cica Repair Snail Cream](#)
- [Some By Mi Snail TrueCica Miracle Repair Toner](#)
- [Benton Snail Bee Ultimate Serum](#)



*Chilean snails, named *Helix Aspersa Muller*, have the highest concentration of active ingredients (allantoin, collagen, hyaluronic acid, elastin) in their slime than other snail species.*



White Truffle

What It Is: White truffles are rare and expensive fungi found in the northern parts of Italy. It's almost impossible to farm them, so instead, truffle hunters use trained pigs or dogs to root them out. The health benefits of white truffles are many, and the most amazing one is that it is an immunomodulator (something that changes your immune system so it works more effectively) In skincare, white truffle extract is used for its anti-inflammatory, skin brightening, and anti-aging properties. This skincare superfood is naturally rich in high amounts of Vitamin C, Vitamins B (B12, B6, B3), and essential fatty acids which moisturize the skin.

What It Does: Its high vitamin C content makes white truffle extract a good choice for fading dark spots and hyperpigmentation. It's anti-inflammatory nature helps calm redness and irritation, and the fatty acid components, vitamin D, and B vitamins (B12, B3, and B6), benefit and moisturize mature skin

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Who Is It For: Beneficial for all skin types, especially mature, hyperpigmentation (dark spots), blemish prone (including scarring from acne), dry and sensitive skin conditions.

Where to Find It:

- [Neogen Dermalogy White Truffle Serum in Oil Drop](#)
- [D'Alba White Truffle Vegan First Spray Serum](#)
- [BioElements Radiance Rescue Mask](#)
- [Bare Naked Botanicals Truffle Face Cream](#)



Truffles are the most expensive food in the world. The largest, rarest truffles sell for hundreds of thousands of dollars.

Beauty Beyond Belief: 49 Odd Skincare Ingredients



Yuzu

What It Is: Yuzu, also known as the Japanese lemon, looks like lemon and orange had a baby, with a stronger aroma and taste than other citrus fruits. Yuzu is prized in Japan and East Asia and is used as a food and in medicine. It is a superstar antioxidant with 3 times more vitamin C than other members of its citrus family. It helps boost the immune system and is used to promote healthy, radiant skin.

What It Does: Yuzu provides hydration to the skin and helps restore the skin barrier and balance moisture levels. It is fast absorbing and moisturizing, making it a good choice for dry skin. This powerful antioxidant helps brighten the skin, targets blemish prone/oily/problem skin conditions, improves skin tone and texture, skin elasticity and reduces appearance of fine lines (from promoting collagen production).

Beauty Beyond Belief: 49 Odd Skincare Ingredients

Who Is It For: A great choice for mature, blemish prone or oily skin conditions, and dry or dehydrated skin types.

Where to Find It:

- [Eminence Yuzu Solid Body Oil](#)
- [Erborian Yuzu Sorbet Day Cream w/Vitamin C](#)
- [Shisedo Yuzu-C Glow-On Shot Oil Serum](#)
- [Silktage Japanese Fusion Oil w/Camellia, Rice Bran & Yuzu](#)

YUZU



Relaxing in a yuzu bath during the winter months is a Japanese tradition, practiced for hundreds of years. Fresh yuzus are added to a hot water bath, called, “yuzuyu” to brighten skin, detoxify the body and increase vitality and overall health.

TIPS FOR CHOOSING SKINCARE



Know your skin type
or condition.

Understand the
product's
composition.

Don't buy into hype
or exaggerated
claims.

Always do a patch
test.

still skinterested?

I hope you enjoyed this eBook and that it inspires you to continue your skinvestigation.

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