DEFINITIONS OF KEY INGREDIENTS

Acetyl Hexapeptide-8 (Argireline®) – Acetyl Hexapeptide, trade name Argireline®, is a non-toxic amino-peptide that displays anti-wrinkle results by blocking the transmitter from the muscle to the skin, keeping skin relaxed and smooth. It was designed specifically to reduce wrinkles and the signs of premature aging. When used twice daily for a minimum of 30 days fine lines and wrinkles will appear less noticeable due to its ability to restrict facial movement (similar to the effects of Botox). When used in conjunction with Botox, this unique product will provide longevity to the procedure, approximately 4-6 weeks. **ABI recommended product: Hyaluronic Peptide Serum**

Adaptonyl®-Adaptonyl® (Indian ginseng root extract) has been proven to regenerate cell development in stress extreme conditions. This amazing ingredient reduces the amount of time needed to normalize cellular function. It inhibits MMPs activity and stimulates epidermal differentiation and restores the barrier function.

Aesculus Hippocastanum (Horse Chesnut) Bark Extract – ABI recommended products: Post Treatment Balm

Algae – Algae are organisms in a biological family that includes more than 20,000 known species. They have been used in the medical and cosmetic field for various reasons throughout the years. They are extremely rich in amino acids, proteins, antioxidants and vitamins, all of which are beneficial in supporting the skin's ability to heal and repair. They also contain the same vital nutrients, trace elements and amino acids that are present in human blood plasma, allowing algae to penetrate the skin more thoroughly than most other ingredients. Algae speeds up the elimination of toxins from cells and are a natural cellular renewal ingredient. It also helps to nourish and remineralize the skin. Algae are also known for their potent anti-inflammatory properties. Moisturizing Antioxidant
Allantoin - Allantoin is a natural component found in wheat germ, beets, rice and comfrey leaves. It is a valuable healing agent with prolific moisturizing, soothing and anti-irritating qualities. Allantoin stimulates healthy tissue formation with its pronounced keratolytic action, riding the skin of oil and debris, creating a soft and healthy complexion. **ABI recommended products: Corrective Pads, Corrective Scrub, Pomegranate Recovery Mask, Moisturizing Antioxidant**

Allantoin- 10% Salicylic Peel, Pomegranate Exfoliating Mask, Corrective Pads

Aloe Vera Extract – Aloe Vera is extracted from the Aloe Barbadensis plant and is renowned worldwide for its medicinal properties. The biologically active components of this plant promote exceptional antibiotic, anti-inflammatory and wound healing actions. It is a natural oxygenator (drawing and holding oxygen into the skin) that is similar in composition to human blood plasma and sea water. For this same reason, it is one of the most effective cellular renewal ingredients available for use in cosmetics and because its pH is the same as human skin, it is extremely soothing and protective. Aloe Vera is also a powerful moisturizer that is able to penetrate directly into the tissue, supplying moisture to dry and tired skin. When applied to the skin, Aloe Vera produces an almost immediate calming effect. The cosmetic industry uses many forms of Aloe Vera including Aloe Vera Gel, Aloe Vera Extract and Aloe Vera Oil. The only differences between these are how the plant has been processed; each one offers the same benefits. **ABI recommended products: Corrective Mist, Corrective Pads, Honeysuckle Hydrating Mask, Calming Cucumber Mist, Sensible Sunscreen, Hydrating Recovery Gel**

Alpha Lipoic Acid – Alpha Lipoic Acid has been considered to be 400 times stronger than Vitamin C. It is a potent antioxidant that not only helps to negate free radical damage in our bodies and protect our cells from harm but also promotes the growth of collagen. It has the unique ability to neutralize free radicals inside and outside the cell membrane. After it has passed through the cell membrane, it breaks down into an even more potent free radical neutralizer known as dihydrolipoic acid or DHA. Another important function of Alpha Lipoic Acid is its ability to renew other antioxidants such as Vitamin C and E. Topically, Alpha Lipoic Acid has a very calming and anti-inflammatory effect on the skin and since it is lipid and water soluble it is able to penetrate more readily. **ABI recommended product: Firming Peptide Crème**

Aluminum Oxide Crystals- Aluminum oxide crystals are primarily used as an exfoliant in cosmetic scrubs and microdermabrasion. **ABI recommended product: Micro Exfoliating Scrub, Post Treatment Balm**

Argireline®- ABI recommended product: Hyaluronic Peptide Serum

Ascorbic Acid (Vitamin C)- Vitamin C is an essential vitamin and antioxidant found naturally in citrus fruits, black currant and rose hip. **ABI recommended product: Vitamin C Pro Peel Powder**

Ascorbyl Palmitate – Ascorbyl Palmitate is considered one of the most stable forms of Vitamin C and has the dual functions of being a preservative and an antioxidant. It is nonirritating unlike L-ascorbic acid which has been known to cause skin irritation. Moisturizing Antioxidant, Intense Antioxidant, Micro Exfoliating Scrub

Astaxanthin – Astaxanthin is a potent anti-inflammatory antioxidant that is derived from the carotenoid family, found mostly in plants and micro algae. Studies show that astaxanthin has 10 times higher antioxidant activity than beta-carotene, and can be more than 100 times more effective as an antioxidant than Vitamin E. It also provides protection against UVA and UVB damage and is able to enhance the functions of Vitamin C and E. **ABI recommended product: Intense Antioxidant, Micro Scrub, Moisturizing Antioxidant**

Avocado Oil - Avocado Oil is one of the deepest penetrating oils available and has the special ability to "carry" active ingredients rapidly into the skin. Due to its high levels of oil soluble vitamins, lecithin and plant sterols, this regenerative oil is an exceptional emollient that significantly aides in skin rejuvenation. The high levels of plant steroids or sterolins, which are found in Avocado Oil, have been reputed to help reduce age spots and to help heal dry, sun damaged skin. **ABI recommended product: Exfoliating Enzyme Wash**

Bamboo Stem Extract- Crushed bamboo is used as a natural exfoliant to gently yet effectively remove oil, debris and dead skin cells allowing for better products penetration. Corrective Scrub

Bentonite- Bentonite is absorbent natural mineral clay that has been used for centuries for its drawing and detoxifying properties. **ABI recommended product: Corrective Clay Mask, Corrective Scrub**

Bentonite – ABI recommended product: Corrective Clay Mask

Benzophenone 3 – ABI recommended product: Sensible Sunscreen

Black Currant (Ribes Nigrum) Seed Oil- Black Currant Oil is a natural non-volatile plant oil that promotes healthy skin growth and is a potent anti-inflammatory agent. It also contains GLA (Gamma Linolenic Acid) which is an effective emollient, powerful antioxidant and cell regulator. **ABI recommended products: Hydrating Soy Cream, Clinical Eye Repair, Firming Peptide Crème**

Caviar Extract (Nutrisea) – Caviar Extract contains micro-nutrients that feed and nourish the skin, improve elasticity and enhance the overall health and appearance of maturing skin. Skin texture appears firmer and more supple as it helps to restore the skins natural balance. It also promotes vital communication between cells and skin, strengthening and repairing important barrier functions while also naturally stimulating cellular metabolism and rejuvenation. Caviar Extract also has the ability to help to prevent free radical formation. It includes B1, B2, B6 as well as A, E, and D. It also contains constituents including cobalt, copper, iodine, iron, magnesium silicium and zinc. Amino acids present are glutamic acid, glycine, methionine, lysine, arginine, histidine, and aspartic acid. **ABI recommended product: Intense Antioxidant**

Ceramides 3 – Ceramides are naturally occurring skin lipids that are major structural components of the skin's outer layer which in turn helps to restore the skin's barrier system. The function of the skin's barrier system is to inhibit water movement via its extracellular matrix, which has a unique composition of 50% ceramide, 25% cholesterol, and 15% free fatty acids as well as other vital skin nutrients. Ceramides are necessary for the skin's water-retention capacity as well as for cell regulation and regeneration. Moisturizing Antioxidant Chamomile (Anthemis Nobilis) Extract- Chamomile Extract is a non-comedogenic material that has been proven to have potent anti-inflammatory and reparative properties. It is also considered to be antiseptic, soothing, and hypoallergenic. **ABI recommended products: Extra Strength Corrective Pads, Micro Exfoliating Scrub, Corrective Clay Mask, Moisturizing Antioxidant**

Co-Enzyme Q10 - Co-Enzyme Q10 is a vitamin like antioxidant that helps to boost cellular activity. It helps to fortify the skin's defenses against UV damage, while reducing the appearance of wrinkles, strengthening cell membranes, and providing the skin with new energy. It is found in every cell of the human body. **ABI recommended products: Moisturizing Antioxidant**

Copper Peptides- Copper peptides assist in tissue repair and promote collagen synthesis. The skin becomes firmer and wrinkles and fine lines become less noticeable (see ABI Skin Care FAQ's). **ABI recommended product: Moisturizing Antioxidant**

Cranberry Extract- Cranberry Extract contains natural components known as proanthocyanidins which are responsible for this extract's abundant antioxidant and anti-inflammatory properties. **ABI recommended products: Corrective Wash, 10% Salicylic Peel**

Cucumber Extract- Cucumber Extract contains vital amino acids and minerals that help to firm and regenerate the skin. It is an anti-inflammatory agent that is known for its cooling, cleansing and soothing properties. **ABI recommended product: Calming Cucumber Mist**

Daisy Flower Extract- Lightening Pro Peel

DMAE – ABI recommended product: Minimizing Complex

D-Panthenol (Pro-Vitamin B5) –Panthenol is able to penetrate quickly and effectively into the skin, providing assistance in tissue repair and increased elasticity. It is also a very effective anti-inflammatory and helps to minimize damage caused by the sun. **ABI recommended products: Moisturizing Antioxidant, Exfoliating Enzyme Wash, Corrective Wash, Calming Cucumber Mist, Post Treatment Balm**

Eucalyptus Globulus Leaf Extract – ABI recommended product: Post Treatment Balm

Eyeliss™- Eyeliss™ is a highly effective substance that is used to treat "bags" under the eyes. It increases lymphatic circulation thereby reducing under eye "bags" and preventing puffiness. It is also a great anti-inflammatory agent that improves skin tone and texture. **ABI Recommended product: Clinical Eye Repair**

Ferulic Acid- ABI recommended product: Vitamin C Pro Peel Powder

Ginseng (Withania Somnifera) Root Extract- Ginseng Root Extract provides powerful anti-inflammatory and antioxidant properties while also stimulating collagen production. **ABI recommended product: Honeysuckle Hydrating Mask**

Glycerin- Glycerin is an amazing humectant. It is able to boost the skin's natural protection by filling in the area known as the intercellular matrix, considered to be the "mortar" that holds layers of skin cells together. It attracts the right amount of water to maintain the skin's homeostasis. By fortifying the intracellular matrix, glycerin is able to help create a continuous, natural, external barrier; keeping bacteria out, moisture in, and the skin's surface smooth. The skin's intercellular matrix includes ceramides, hyaluronic acid, vitamin C, glycerin, cholesterol, and free fatty acids. **Found in many of ABI's skin care products.**

Glycolic Acid-Glycolic Acid is one of the most widely known and used Alpha Hydroxy Acids or AHA's. Glycolic acid has a small molecular structure which helps to provide better product penetration, significantly increasing its effectiveness. When glycolic acid is applied to the skin, it reacts with the upper layer of the epidermis, dissolving the bonds that hold dead skin cells together, thus revealing newer healthier looking skin. Due to its considerable exfoliating and moisturizing properties, glycolic acid is able to refine surface texture, improve skin hydration, increase cellular turnover and assist in skin lightening. Glycolic Acid is generally found in sugar cane, sugar beets and unripe grapes. **ABI recommended products: Corrective Pads, Extra Strength Corrective Pads, Lightening Pro Peel, Complex Pro Peel**

Glycosaminoglycans- Glycosaminoglycans, or GAGs, are fundamental components of skin tissue, part of a group of complex proteins which include hyaluronic acid, ceramides and cholesterol. They, like

hyaluronic acid, bind water and other cellular elements to connective tissues within the skin forming a matrix that holds skin cells together. Glysocaminoglycans are considered vital moisturizers and lubricants that present in the interstitial spaces between epidermal cells. GAG's also promotes wound healing, speed up cell regeneration, and have keratolytic or skin-softening effects. **ABI recommended product: Extra Strength Corrective Pads**

Green Tea (Camellia Sinensis) Extract - Green Tea Extract is a powerful anti-inflammatory antioxidant that reduces free radical damage within the skin. Green tea is also a natural astringent, reducing pore size, helping to create a fresh and flawless complexion. **ABI recommended product: Corrective Pads, Hydrating Recovery Gel**

Haloxyl™- Haloxyl™ has been proven to significantly reduce dark circles under the eye. It does this by increasing circulation which in turn aids in the removal of hemoglobin and other waste products that accumulate in the skin under the eye, causing the appearance of dark circles in the first place. It has also been shown to reinforce and build skin firmness around the eye improving the skin tone and texture. **ABI recommended products: Clinical Eye Repair**

Honeysuckle Extract- Honeysuckle Extract soothes, softens and smoothes the skin. It is anti-bacterial, anti-inflammatory and is also an excellent cleanser and purifier. **ABI recommended products: Honeysuckle Hydrating Mask, Corrective Clay Mask, 10% Salicylic Peel, Pomegranate Exfoliating Mask**

Hyaluronic Acid (Sodium Hyaluronate)- Identified biochemically as a glycosaminoglycan (GAG), which the body produces naturally. Hyaluronic acid is capable of binding 1,000 times its own weight in water. Hyaluronic Acid is found in great abundance in young skin and has been deemed by the press as "the key to the fountain of youth." It shows incredible moisture boosting properties and is a natural humectant, taking water from the air and binding it into the skin. Hyaluronic Acid has also been shown to reduce dryness, itching and burning and offers an excellent environment for the growth of new cells. **ABI recommended products: Hyaluronic Peptide Serum, Firming Peptide Crème, Exfoliating Enzyme Wash, Corrective Treatment Gel, Corrective Pads, Extra Strength Corrective Pads, Sensible Sunscreen, Hydrating Recovery Gel**

Jojoba Seed Oil- Jojoba Seed Oil is an effective moisturizer and emollient that helps to improve skin elasticity and suppleness. It contains natural tocopherols that help to minimize oxidation and lipid peroxidation. Jojoba oil is able to effectively penetrate the skin due to its strikingly similarity to human sebum and small molecular size. It is also considered as a natural cellular renewal ingredient. **ABI recommended product: Hydrating Soy Cream**

Kojic Acid- Inhibits melanin production **ABI recommended product: Lightening Pro Peel**

Kaolin- Kaolin is a natural occurring clay mineral (silicate of aluminum) that provides tightening and drawing properties that can also help to stimulate circulation thereby reducing skin inflammation. It is primarily is used in cosmetics for its ability to absorb sebum and oil produced by over active sebaceous glands. It is non-comedogenic. **ABI recommended product: Corrective Clay Mask**

Lactic Acid – Lactic acid is a gentle, effective AHA (alpha hydroxyl acid) that is noted for its moisturizing properties as well as its ability to exfoliate dead skin cells without provoking skin irritation. Lactic acid also increases cellular turnover helping to diminish fine lines and wrinkles while also helping with pigmentation. **ABI recommended product: Corrective Wash, Lightening Pro Peel, Complex Pro Peel**

Licorice Root- Naturally aids in improving skin discoloration **ABI recommended product: Lightening Pro Peel**

Matrixyl™ 3000 (palmitoyl oligopeptide and palmitoyl tetrapeptide-7) – Matrixyl 3000 has been clinically proven to increase the synthesis of the dermal matrix molecules essential for repairing damaged skin and scar tissue. It significantly aids in the formation of Collagen I, III and IV. **ABI recommended product: Intense Antioxidant, Firming Peptide Crème**

Montmorillonite (Exchanger) - Montmorillonite is a phyllosilicate mineral, or clay, that has been used in numerous cultures throughout the world for its therapeutic benefits. Exchanger contains vital minerals such as copper, zinc, titanium, calcium and magnesium and is able to penetrate directly into the skin, helping to maintain essential hydration levels. Other important functions of Exchanger are its ability to decrease sebum production while also reducing pore size, which significantly lowers the number and severity of acne lesions. **ABI recommended products: Corrective Mist, Corrective Scrub, Corrective Clay Mask**

Neem Leaf Extract- Neem Leaf has been used for centuries as an anti-inflammatory and anti-bacterial topical. It has been shown to accelerate healing, eliminate infection and prevent the formation of abnormal cells within the human body. This therapeutic botanical is used both topically and internally with no known side effects. **ABI recommended product: Intense Antioxidant**

Niacinamide (Vitamin B3) - Niacinamide is a water soluble vitamin that is proven to be stable in the presence of heat and light. It is an antioxidant, an anti-inflammatory and helps to reduce acne "P" bacteria. Studies have shown that niacinamide stimulates microcirculation in the dermis, increases the ceramide and fatty acid levels in the skin, reducing water loss and increasing hydration. **ABI recommended products: Corrective Mist, Corrective Treatment Gel, Corrective Scrub**

Niaouli (Melaleuca Viridiflora) Oil- Niaouli Oil is a non-toxic, non-irritating, essential oil that exhibits many of the same disinfecting and clarifying properties as Tea Tree Oil. Niaouli Oil is an excellent acne fighting ingredient due to its astounding antibacterial and antiseptic attributes. Corrective Mist, Corrective Scrub

Papaya (Papain) Extract- Papaya contains a natural proteolytic enzyme called papain which when applied topically gently exfoliates the skin promoting cellular renewal. Papain has the natural ability to select only the dead skin cells leaving the living ones alone and is also considered to be a powerful free radical scavenger. **ABI recommended product: Exfoliating Enzyme Wash, corrective Scrub, Corrective Mist**

Octinoxate – ABI recommended product: Sensible Sunscreen

Octocrylene – ABI recommended product: Sensible Sunscreen

Palmitoyl Pentapeptide-4 is a synthetic protein that is a fragment of the C-terminal portion of collagen I (the most common type of the nineteen forms of collagen) and is combined with palmitic acid to make it more lipophilic. When this protein is added to cultured human fibroblasts, it enhances the synthesis of collagen I, collagen III and fibronectin, significantly reducing fine lines and wrinkles. **ABI recommended product: Intense Antioxidant**

Papaya (papain)- Vitamin C Pro Peel Powder

Passionflower Extract- 10% Salicylic Peel

Peppermint (Mentha Piperita) Leaf Extract- Peppermint Extract contains a high amount essential oil which contains menthol, menthone, menthyl acetate and menthofuran. It is an anti-microbial and antibacterial agent that also provides a cooling effect on the skin. **ABI recommended product: Honeysuckle Hydrating Mask, Post Treatment Balm**

Pineapple (Bromelain) Extract- Pineapple Extract contains the enzyme bromelain, also considered proteolytic, which can break down the connecting layers between skin cells to help exfoliate the skin. It also has the ability to reduce sun damage and the effects of free radical damage created by exposure to UV radiation. **ABI recommended product: Exfoliating Enzyme Wash, Vitamin C Pro Peel Powder**

Polysuga Nate- This is a mild surfactant alternative to harsh Sodium Lauryl Sulfates. This surfactant is made from renewable resources and contains no preservatives. It has shown an extremely low irritancy rate in laboratory testing. **ABI recommended products: Exfoliating Enzyme Wash, Corrective Wash**

Pomegranate Fruit Puree/Extract- Pomegranate is rich in vital antioxidants that have been shown to restore important cellular activity. **ABI recommended product: Pomegranate Exfoliating Mask**

L-Retinol (Vitamin A)- Retinol is a fat soluble vitamin and an antioxidant. It renews and refreshes the skin by acting as a keratinizing agent, helping the skin stay soft and plump as well as improving its water-barrier properties. Retinol helps to normalize cellular turnover and supports collagen production by inhibiting collagen breakdown. **ABI recommended product: Firming Peptide Crème, Lightening Pro Peel**

Retinyl Palmitate (Vitamin A) – Retinyl Palmitate is a combination of retinol and palmatic acid that demonstrates the same cellular turnover and collagen support that retinol does, though in a milder form. It is considered a natural anti-aging ingredient that is responsible for anti-keratinization, boosting the skin's elasticity, assisting in the normalization of dry skin and improving photo damage. **ABI recommended product: Intense Antioxidant**

Ricinus Communis (Castor) Seed Oil – ABI recommended products: Post Treatment Balm

Rosehip (Rosa Canina) Fruit Oil- Rosehip oil comes from the fruit of the rose bush and is high in Vitamin C and rich in essential fatty acids and minerals. It has natural antioxidant properties and is soothing, moisturizing, and hydrating to the skin. Rosehip oil has been shown to help improve skin elasticity, regenerate skin cells, slow down premature aging, reduce the formation of wrinkles, and also reduce scarring. **ABI recommended product: Hydrating Soy Cream**

Rosemary (Rosmarinus Officinalis) Leaf Oil - Rosemary is a potent antioxidant that helps to increase circulation and boost the skin's ability to fight free radical damage. **ABI recommended product: Corrective Wash**

Salicylic Acid- Salicylic Acid is referred to as a BHA (beta hydroxyl acid) and is an exceedingly efficient keratolytic agent that encourages the sloughing off of dead skin cells, while clearing skin impactions and helping to reduce oil content. Salicylic acid is a multifunctional ingredient that has been used for decades to treat acne breakouts due to it is antimicrobial properties. A unique function of Salicylic acid is its ability to exfoliate inside as well as outside the pore making this ingredient an effective acne treatment. **ABI recommended products: Corrective Treatment Gel, Extra Strength Corrective Pads, Vitamin C Pro Peel Powder, Complex Pro Peel**

Sepitonic®M3- This multi-mineral chrono-energizing agent is made up of Magnesium, Zinc and Copper. These elements help to maintain skin function and stimulate cellular regeneration while enhancing and brightening skin tone, and restoring skin vitality. Zinc plays a role in the synthesis of DNA. It helps combat aging by stimulating reversal of the collagen matrix. Magnesium encourages protein synthesis and phosphates transfer. Copper encourages synthesis of ATP, keratin and collagen. **ABI recommended product: Hyaluronic Peptide Serum, Hydrating Recovery Gel**

Shea Butter (Butyrospermum Parkii)– Shea Butter is an excellent emollient. It protects against lipid peroxidation and is extremely beneficial for dry damaged skin, providing essential moisture while also retaining skin elasticity. Shea Butter contains L-phytosterols and D-alpa-tocopherol as well as high concentrations of non-sapifiables which help to stimulate fibroblast activity. **ABI recommended product: Micro Exfoliating Scrub, Post Treatment Balm**

Sodium PCA- Sodium PCA is natural component found in all living cells. It is considered to be a high performance humectant, boosting the skin's natural moisture levels. **ABI recommended product: Corrective Mist**

Soybean (Glycine Soya) Oil- Soy is rich in vitamin E and fatty acids and is a potent antioxidant that improves skin clarity and induces collagen production. **ABI recommended products: Hydrating Soy Cream, Clinical Eye Repair, Micro Exfoliating Scrub, Pomegranate Exfoliating Mask, Post Treatment Balm**

Squalane Oil – Squalane oil is a natural component of skin and is an excellent emollient that has antioxidant and stimulating properties. It helps to improves skin elasticity and hydration. Squalane is non-comedogenic and is generally derived from olives. This ingredient is not to be confused with squalene which is highly comedogenic and is found mostly in shark liver. **ABI recommended products: Moisturizing Antioxidant, Clinical Eye Repair, Firming Peptide Crème, Pomegranate Exfoliating Mask, Hydrating Soy Cream, 10% Salicylic Peel**

Sulfur- Sulfur is an extremely effective acne treatment that naturally contains vitamin B1 and essential amino acids. It acts as a keratolytic agent by dissolving the top layer of dry dead skin while also helping to slow down over productive sebaceous glands. **ABI recommended product: Corrective Clay Mask**

Tea Tree (Melaleuca Alternifolia) Oil- Tea Tree Oil has been used for centuries for a wide range of medical conditions due to its incredible disinfecting properties. It is a natural antiseptic, germicide, fungicide and antibacterial agent. **ABI recommended product: Corrective Treatment Gel, Post Treatment Balm**

L-Taurine – AABI recommended product: Minimizing complex

Tocopherol (Vitamin E)- Tocopherol naturally provides protection from damage caused by the sun. It is also known as an antioxidant "superstar" due to its incredible healing and repairing properties. **ABI recommended products: Pomegranate Exfoliating Mask, Micro-Exfoliating Scrub, Corrective Scrub, Calming Cucumber Mist, Clinical Eye Repair, Hydrating Soy Cream, 10% Salicylic Peel**

Trichloracetic Acid – ABI recommended product: TCA Peel

Vitamin C- See Ascorbic Acid (L)
Waltheria Indica Leaf Extract- lightening agent calms and brightens the skin. Potent tyrosinase inhibitor and free radical scavenger **ABI recommended product: Vitamin C Pro Peel Powder**

Wasabi (Wasabia Japonica) Root Extract– Wasabi Root Extract also known as Japanese Horseradish and Wasabi Root has consistently demonstrated powerful anti-bacterial and antimicrobial properties since the 10th-century. This ingredient is only found near pure cold running water such as rivers and streams and will not grow in a polluted environment. Wasabi Root is recognized for having a high Vitamin C (antioxidant) content and contains isothiocyanates, which provide anti-carcinogenic, antibacterial, and antimicrobial benefits. When applied to the skin, Wasabi Root's natural warming properties are able to soothe the most inflamed conditions, making this an ideal ingredient for acne prone skin. **ABI recommended products: Corrective Wash, Corrective Mist, Corrective Treatment Gel**

Wheat Protein– Wheat Protein contains high levels of amino acids and proteins which help to tighten, nourish, and naturally aid the skin in retaining moisture. It helps to decrease the number and depth of wrinkles by providing tightening effects due to its elastic and water binding properties. **ABI recommended product: Exfoliating Enzyme Wash**

Willow Bark (Salix Alba) Extract- Willow Bark has been used for centuries for its considerable anti-inflammatory and immune boosting properties. Its natural ability to act as a potent anti-bacterial agent makes this ingredient ideal for treating acne prone skin. As a natural form of Salicylic Acid, Willow Bark is able to provide the skin with gentle, exfoliating benefits as well as astringent and anti-inflammatory properties. **ABI recommended products: Corrective Pads, Corrective Wash**

Witch Hazel (Hamamelis Virginiana) – Witch Hazel, also known as Snapping Hazel and Winterbloom, is endowed with exceptional cleansing, soothing and healing properties. It is an effective astringent and helps to reduces oil, sooth bruises and dry out acne lesions. **ABI recommended products: Corrective Wash, Corrective Mist, Corrective Pads, Corrective Treatment Gel, Honeysuckle Hydrating Mask, Pomegranate Exfoliating Mask, Calming Cucumber Mist, 10% Salicylic Peel**

KEY SKIN TERMS

General Skin Terms

Antioxidants: Found naturally in many foods including fruits, vegetables, nuts and nutrients such as beta carotene, vitamins C and E and selenium. Antioxidants work by significantly slowing or preventing the damage caused by free radicals that can lead to cell dysfunction and the onset of problems like heart disease and diabetes. Antioxidants may also improve immune function and perhaps lower your risk for infection and cancer.

Astringent: Ingredients, usually in liquid form, that helps remove oils and lower the skin's pH.
Astringents constrict tissue making pores tighter and appear finer.

Emollients: Lubricating agents that are responsible for maintaining skin suppleness and a healthy barrier function. They keep the skin soft and smooth.

Exfoliation: The removal of dead skin cells by physical or chemical means. There are two main types of exfoliation processes: physical exfoliation and chemical exfoliation. Physical exfoliation such as facial scrubs and microdermabrasion require manual abrasion of the skin in order to work. Chemical exfoliations such as facial peels allow the chemicals to digest and remove the dead skin cells from the surface of the skin.

Free radicals: Free radicals are created by environmental pollution, cigarette smoking, pesticides and herbicides. They are unstable molecules that attack enzymes and proteins in the body disrupting normal cell activities and cell membranes causing possible cell destruction. Antioxidants have been proven to neutralize free radical damage.

Humectants: Ingredients that can pull moisture from the air and attract water from the dermal layer (middle layer) up to the epidermis (top layer). This increases the skins water content and hydrates the skins' surface resulting in improved elasticity of the skin.

Keratinization: The process in which dead skin cells and sebum build up on the skin preventing moisturizers, exfoliants and other products from working.

Occlusive: Ingredient that helps to increase the water content of the skin by preventing transepidermal water loss or evaporation.

Peptides: Complex molecules derived from combined chains of amino acids (the body's building blocks) that help to rebuild, revitalize and renew the appearance of damaged skin. Peptides belong to a group referred to as "cell communicating" ingredients and by affecting cell receptor sites, peptides can help cells to function better. Different peptides perform different functions in the skin and body. For example, Copper peptides promote collagen and elastin production while Palmitoyl Oligopeptides help smooth wrinkles and fill in fine lines on the skin.

Acne Terms

Acne vulgaris: The most common type of acne affecting people of all ages. It usually appears on the face and neck area but can also be present on the chest, back and shoulders. It can appear in many forms including whiteheads, blackheads, papules and pustules.

Blackhead: A non-inflammatory acne plug made of keratin and excess sebum. These lesions appear blackened near the skin's surface. Blackheads are also called "open comedones" because the surface of the skin remains open.
Comedo or comedones: A plug made of keratin and sebum within a hair follicle. It can appear as an open comedo (blackhead) or a closed comedo (whitehead).

Comedogenic: Ingredients found in skin care products that can be irritating to the skin and can block pores, leading to acne breakouts.

Comedonal acne: See non-inflammatory acne.

Conglobata: A rare and severe form of nodulocystic acne that causes damage to the surface of the skin. It is characterized by a significant amount of deep inflammatory nodules, pustules and abscesses which are inter-connected under the skin by tube-like bridges. Scarring often results when the acne heals.

Cyst: A fluid filled mass that is usually benign. When someone has acne, the term cyst is often used interchangeably to mean nodule because of the resemblance of a nodular acne lesion to a cyst.

Follicle: A small opening in the skin's surface where hair growth occurs. A follicle also where the sebaceous glands are located and where sebum is produced.

Inflammatory acne: In this type of acne, papules or pustules, red or purple macules, and nodules, often termed "cysts", are predominant.

Lesion: A mark in the skin. In dermatology, refers to a sore, growth, blister, or any other type of tissue damage caused by disease or injury.

Macule: A flat, discolored patch of skin that develops during the final stages of acne. It is usually reddish in color.
Noncomedogenic: Ingredients that are not likely to block hair follicles or cause comedones.

Non-inflammatory acne: Comedones that do not show signs of becoming swollen and are not reddish in color.
Nodule: A large lumpy, pus filled, frequently reddish bump that is lodged more deeply in the skin. They are inflammatory lesions that are sometimes referred to as cysts.

Nodulocystic acne: A severe form of acne that is often described as several deep, inflamed abscesses and pus-filled pimples covering the skin's surface. These painful, red, boil-like nodules are often tender to the touch and cause permanent scarring.

Papule: Inflammatory lesions or pimples that appear as small, firm, reddish bumps on the skin.

Propionibacterium acnes (P. acnes): Bacterium primarily responsible for the production of inflammatory acne lesions. They reside within the pilosebaceous glands of the skin and multiply quickly when excess sebum becomes trapped inside the hair follicle.

Pseudofolliculitis barbae (razor bumps): Acne-like lesions that occur mainly on the beard area of men of African heritage. This condition is due to ingrown hairs.

Pustule: A small, round lesion that visibly contains pus and is usually white in color. It is an inflammatory lesion that is sometimes referred to as a cyst.

Retinoid: A powerful antioxidant that is derivative of vitamin A. A retinoid regulate the growth of epithelial cells and encourages normal skin regeneration.

Rosacea: A skin disease normally found on adults, in which the blood vessels of the face, neck and chest become enlarged and cause the skin to appear flushed and red in color.

Sebum: An oily substance that is produced by the sebaceous glands in the skin. Sebum comes out of the glands in the skin and coats the hair follicles. Through the pore of the hair follicle sebum reaches the surface of the skin. There it mixes with other lipids and sweat and forms a coating on the skin. This coating is called the acid mantle. The Acid Mantle protects the skin against bacteria and keeps the skin hydrated however, if the sebum gets blocked in the hair follicle pores, acne forms.

Sebaceous glands: Acne lesions generally form within these oil producing glands found within each hair follicle. These glands are responsible for producing an oily substance called sebum.
Whitehead: Small, pearly white acne lesion that consists of a plug of keratin and sebum. Whiteheads occur when the comedo stays below the surface of the skin. Also called "closed comedo."