



MEADOWS  
AROMATHERAPY PRODUCTS

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## INGREDIENTS INFORMATION

We, as individuals, have become increasingly aware and concerned about our total health which has created the need for a more 'open book' policy from natural product suppliers, such as ourselves. As we are (and always have been ☺) proud of what goes into our products we are more than happy to share information with you about the type and quality of ingredients that we use:

- We pride ourselves on the fact that **our entire product range is free from any parabens** (eg, methyl paraben, ethyl paraben, propyl paraben), **SLS** (sodium lauryl sulfate) or **SLES** (sodium lauryl ethyl sulfate). These are all additives/ingredients that some individuals are concerned about having heard that they might be harmful. Where we do have to use preservatives (but please note that these will only ever be less than 1% of any Meadows product) these are synthetic but are classed as "nature identical" (which means they are exactly the same chemically as you would find in nature) and are used safely within the food and drinks industry.
- **We also prefer not to use synthetic fragrances/perfumes or ingredients** in our body products. Fragrance ingredients, such as phalates and musk compounds, are seldom declared by companies as they are normally included within the heading 'parfum' or fragrance. Therefore, the consumer would never know that these synthetic materials were included as they are perfume ingredients and are not declared individually but included in the listing/label as 'parfum' - see the Greenpeace website [www.greenpeace.org/international/](http://www.greenpeace.org/international/) for more information on the dangers of these ingredients. So, all our Meadows Aromatherapy *body* products are free from these items. However, we have had to use a little in our fragranced incense sticks. We did this because: (a) it is difficult to replace synthetic musks (such as galaxolide-ethylene brassylate etc) and this was the only way we could accurately recreate these aromas and, also, because (b) the incense is not actually being used directly on the body - therefore, there is less chance of these ingredients being absorbed through the skin and into the body (as per the concerns identified on the Greenpeace site). But rest assured - our natural incense range is just that - natural - with no synthetic fragrances or ingredients at all.



- As mentioned before, **the fragrances used in our body products** such as our foam baths, natural creams, dead sea salts, hand washes, shampoos, pre-blended massage oils etc, **only contain fragrances/perfumes that are 100% natural**. The essential oils that we use in these items are chosen not only for their therapeutic properties but also for their natural aroma - 100% pure with nothing added. Many other brands on the market like to give the impression of a 'natural' product by using natural sounding names such as, jasmine, rose, etc, but then use cheap synthetic perfumes within the product - we don't!
- **We do not want to compromise on the products we offer to our clients and we therefore do not look at ways of trying to keep costs down such as using artificial stabilisers or thickeners**, eg, methyl hydroxyethyl cellulose, xanthan gum, amorphous silica. Some cosmetic producers use less oil but still make their creams and lotions look and feel thick and rich by the use of these thickening ingredients. This gives the user the impression that they are applying a deeply moisturizing, thick cream (because it has been artificially thickened) when, in fact, the cream that actually penetrates the skin (once the artificial thickeners have broken down) is usually of a lesser/thinner quality due to a lower amount of moisturising oils being used. Our natural creams are a great example of what a true cream should look and feel like as they are very rich and moisturising as we include a really high natural vegetable/nut oil content.
- We are often fussy about what we eat, but less fussy about the products we use on our skin (but remember body products such as creams, lotions, massage oils, etc, are taken into the body too when they are absorbed through the skin). Most commercial products (ie, made by large multi-national companies) use mineral oil as the main ingredient in creams and lotions as it's cheap (it's from crude oil - a paraffin oil fraction) and adds to the shelf life of a product, which is a positive in one way but also means that it is less likely to be broken down in nature or by your body. Mineral oil (which will be listed as paraffinum liquidum) is often the main ingredient after water in so many cosmetics. But can you imagine ingesting this product? Or maybe cooking with it, or adding it to a salad dressing? We wouldn't accept this but so many people are happy to let this synthetic product into their bodies (when using body products) without even thinking about it. **We believe that you should only add natural oils (such as almond, jojoba, avocado, evening primrose etc) to products that are there to benefit the body.** These natural oils are what we use in our natural creams and other aromatherapy products.



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- **Glycerine:** All our products are glycerine free (except grapefruit seed extract which is manufactured with glycerine). We prefer the moisturising qualities to come from natural vegetable oils such as shea nut butter, jojoba, grapeseed, cocoa butter etc.
- **Animal Ingredients:** There are **no animal derived ingredients in any of our aromatherapy products** (and that includes the incense too!) and these are therefore classed as ‘vegan’ and are free from any unpleasant tallow or animal fat derived moisturising ingredients. Please note that we do sell beeswax on its own as a separate product.
- **Synthetic Colours:** There are very few stable natural colours for cosmetics, especially blues and reds. Within our product range all colours come only from the colours contained naturally within each oil and the richest being beta carotene in carrot oil which adds an orange tint to some creams. Some companies mislead consumers slightly by labelling or displaying colours as ‘food grade’, this doesn’t always mean they are natural (although they could be) as they are probably derived synthetically and often from some unsavoury sources such as coal or tar etc. The only products containing synthetic colours are our foaming bath salts. We tried very hard to find globally-stable, colour-resistant, plant derived colours that we could use but, unfortunately, these are not stable in most natural cosmetic products, especially where high amounts of sea salt are present and therefore we had to use synthetic, European and FDA (Federal Drug Administration) approved, colours for this product range.
- Our **Vitamin E** (where used in our products) is the one **sourced from nature** rather than the synthetic version derived from crude oil which is often used commercially. Natural Vitamin E has been proven to be absorbed and utilised by the body better than the synthetic type which has a different molecular structure but is still used and labelled as Vitamin E. **All** our creams contain this natural, plant derived Vitamin E so there is no need to buy a cream specifically for its Vitamin E content - just use one of the 8 creams we have available and benefit from the skin healing properties of the natural Vitamin E within each.