

BETTER LEGS Ingredients

Alcohol: Fermented from starch, sugar and carbohydrates. Used as antiseptic and solvent – tightens skin.

Ascorbyl Palmitate: Stabilised Vitamin C derived anti-oxidant. Promotes skin cell regeneration. Vitamin C has renowned anti-aging properties.

Benzyl Alcohol: Synthetic Preservative. Present as a constituent of Jasmine, Hyacinth and Ylang Ylang oils. Faint aromatic odour.

Butcher's Broom (*ruscus aculeatus*): Derived from European plant; anti-inflammatory. Has been used for centuries to improve circulation and relieve discomfort caused by water retention. Rich in flavonoids such as rutin, butcher's broom strengthens the capillary walls and tightens veins supporting the circulatory system. It also promotes blood flow to the brain, hands and legs.

Calendula (*calendula officinalis*): Derived from the flower, astringent, anti-inflammatory and aids the toning of the vein walls, softens and heals.

Cyanocobalamin: Provides the purest form of Vitamin B12 and minerals like Calcium, Iron and Zinc. Cyanocobalamin's astringent properties tightens tissues and strengthens blood vessels.

Fennel Oil (*foeniculum vulgare*): Derived from fennel flower, moisturising, detoxifying, anti-inflammatory and balancing. Astringent, aids the toning of the vein walls.

Ginkgo Biloba: An extract from the fruit of a sacred and revered tree of the Chinese; this uniquely powerful and exotic herbal extract increases blood circulation. The resultant effect is an increase of blood through the capillaries, which in turn promotes the movement and disposal of fluid waste as well as the metabolism and gradual breakdown of fatty cells. Antioxidant protects from free-radical damage, anti-inflammatory, and regenerative. Chinese herbalists have recommended Ginkgo Biloba for over five thousand years to treat a variety of ailments. Additionally Ginkgo Biloba has been known to reduce Inflammation of the veins.

Glycerin (glycerol): Derived from coconut oil, humectant, moisturiser and emulsifier, which softens skin and hair. Hygroscopic, so it attracts moisture from the surrounding environment.

Horse Chestnut: The seed extract of *aesculus hippocastanum* (ancient variety of large Chestnut); proven tonic and natural astringent for the skin. Traditionally, ancient herbalists used this product as the only effective remedy for varicose veins. Contains a high percentage of 'Escin', which is widely used in Europe as an anti-inflammatory and as a means to reduce excess fluid. No known toxicity exists.

Laureth-7: Palm Alcohol; Emulsifier.

Methylparaben: Derived from benzoic acid from benzoin tree gum, safe, effective food grade preservative.

Niacin (vitamin B factor) and Niacinamide (Vitamin B3 In Its purest form): Derived from nuts and grains; heals, nourishes and increases circulation.

Organic Kelp & Seaweed Extract (*algae & laminaria saccharina*): Derived from algae and kelp; rich in proteins, vitamins and minerals, balances and tones. Harvested from some of the most pristine Australian shores, it is packed with beneficial detoxifying minerals and constitutes an important plant-active within the naturopathic content of Mayaltha Better Legs. We utilise organic kelp and seaweed in two active forms: pressed as a pure concentrated liquid extract, as well as dried then powdered into microscopic granules. Organic seaweed plays a key role in helping to regulate the texture of the skin and to aid the body burn off coagulated or excessive fatty cells that may have formed over time.

Panthenol (pro-vitamin B-5): Derived from rice husks; deeply moisturises and heals, has antioxidant properties.

Polyacrylamide: Synthetic Emulsifier.

Propylparaben: Derived from benzoic acid from benzoin tree gum, safe, effective food grade preservative. Also used as a bacteria & fungus killer.

Pvp-va Copolymer: Complex fixative which adds exceptional clarity, and flexibility to the hair. Most common hair spray ingredient.

Phenoxyethanol: Derived from sage essential oil, safe and effective food grade preservative.

Rosemary (*rosmarinus officinalis*): Derived from plant; stimulates, purifies and rejuvenates. Astringent, anti-inflammatory and aids the toning of the vein walls.

Sage (*salvia officinalis*): Derived from the sage plant; astringent, cleansing, anti-inflammatory, aids the toning of the vein walls.

Tea Tree (*melaleuca alternifolia*): Derived from the leaves; anti-fungal, anti-bacterial and anti-inflammatory.

Tocopheryl Acetate (vitamin E): Derived from tocopherol; antioxidant, stabilizer and emulsifier with skin regenerative properties. It also fights free radicals.

Water (Aqua): When you consider the important role that water plays in the re-hydration of tissue and the absorption of creams and solids (of which water often forms a major constituent part) into the body, it is quite surprising that many reputable cosmetics manufacturers utilise water that is purified of organic matter and trace minerals by simply adding chemicals as well as basic filtration. Chemicals that obviously will eventually feed into the blood system.

The Natural Source uses only chemical-free purified water.

This involves the following processes:

Reverse Osmosis – purification using pressure through a membrane

Continuous de-ionisation – purification using an electrical charge

UV light – purification using heat

All this to ensure that every product we make constitutes the most beneficial 'chemical-free' purified water in the world.

Witch Hazel (*hamamelis virginiana*): Derived from the leaves of the Hamamelis Virginiana plant.

One of the most adaptable and effective of herbal ingredients it has been used in natural herbal formulations for decades as a skin freshener, local anaesthetic and gentle astringent. Witch Hazel has a natural ethanol content of between 70-80% an automatic trigger for blood vessel dilation, a necessary condition for the successful removal of body waste and peak metabolism. Possesses anti-inflammatory, soothes and heals.

Xanthan Gum: Derived from natural carbohydrates; used in small doses to thicken formulations. Increases spreadability of product and slip on the skin. Also used as a suspending agent in formulations and has soothing properties.