



Soderli

PLANT ESSENCES

USING NATURE'S INTELLIGENCE
TO NURTURE YOUR SKIN



PLANT ESSENCES AND YOUR SKIN

Sodashi has spent many years researching and testing the role that plant essences (also known as essential oils) have in protecting and nourishing the skin.

Plant essences have been used for thousands of years for the enhancement of health, wellbeing and beauty. It has only been in the last 10 years or so that we have come to realise again, how fortunate we are to be able to call upon the aromatic plants of this world to assist us in our pursuit of a youthful and healthy appearance.

The gentleness of the rose, the almost shy calm of chamomile and the unobtrusive but supportive lavender are our allies in treating our delicate, but often sensitive skin. The partnership between plant oils and plant essences, without the addition of harsh chemicals, artificial fragrances, colours, preservatives and fillers, presents the best possible basis for an effective, natural and safe skin care regime.

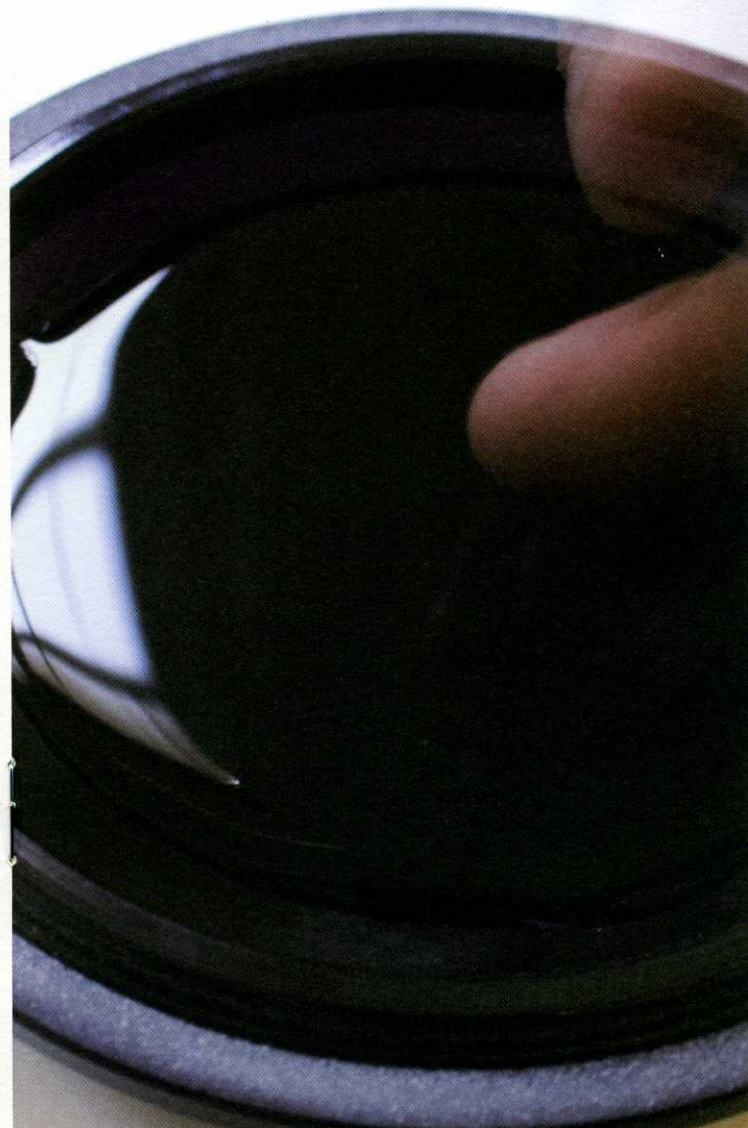
Sodashi uses only the highest quality therapeutic-grade plant essences; all are unadulterated and must satisfy our high expectations for optimal results.

PLANT ESSENCES AND THEIR APPROPRIATE DOSAGE

The concentration of a plant essence in any part of the plant varies and is dependent upon the season of the year, the condition of the soil, the amount of rainfall and the number of hours of sunshine. When used in low, appropriate dosages (as used in all Sodashi products), plant essences are very safe for the skin. Plant essence dosages, such as applied in preparations for massage, in baths or for steam inhalations, are always minimal.

PLANT ESSENCES AND MEDICAL CONDITIONS

None of the plant essences contained in Sodashi products are known to interfere with any type of medication. Due to the high quality of the plant essences used and the absence of chemicals, reactions to Sodashi products are rare. If in doubt, a patch test prior to using a product is recommended.



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BENEFITS OF NATURAL INGREDIENTS

Sodashi effectively captures the benefits of each individual, natural ingredient. The ingredients work together in synergy to gently penetrate deeply into the layers of the skin, producing results that give your skin a radiant, healthy glow.

Sodashi list every ingredient on product packaging so you always know what you are putting onto your skin. For your knowledge, listed below are several of the natural ingredients, and their individual benefits, which appear in your Sodashi products.

Avocado plant oil (*persea gratissima*) has moisturising properties, assists in the treatment of climate-damaged, parched, undernourished or ageing skin.

Bilberry plant extract (*vaccinium myrtillus*) improves the function of fine blood vessels, especially capillaries, and acts as a catalyst for capillary repair.

Calendula Oil (*calendula officinalis*) is soothing to the skin, promotes the blood supply to skin tissue and is helpful in the treatment of broken capillaries.

Carrot Oil (*daucus carota*) is particularly noted for its anti-inflammatory and rejuvenating effects, making it excellent for dry, mature, sensitive and sun damaged skin, adding tone and elasticity to the skin.

Chamomile plant essence (*chamomile matricaria, anthemis nobilis*) is valuable for many skin problems, especially where skin is sensitive, red and inflamed and dry.

Cistus plant essence (*cistus ladaniferus*) a powerful anti-wrinkle treatment. It plumps cells and smoothes fine lines.

Frankincense plant essence (*boswellia carterii*) is known for its rejuvenating properties. Frankincense gives new life to ageing skin and reputedly smooths out wrinkles!

Geranium plant essence (*pelargonium graveolens*) is the great balancer! Geranium balances oil production and the mood. Great for dry and oily complexions.

Gotu Kola plant extract (*centella asiatica*) stimulates collagen formation and is excellent for reducing signs of ageing.

Kelp plant extract (*laminaria digitata*) is a storehouse of nature's wealth from the depths of the ocean and is rich in minerals that cleanse the blood and reduce excess fluid.

Lemon plant essence (*citrus limon*) re-texturises and brightens complexions and is a perfect choice in the Sodashi Concentrates to remove dead skin cells.

Macadamia plant oil (*macadamia integrifolia*) is highly nourishing and moisturising, so is excellent for dry skin.

Palmarosa plant essence (*cymbopogon martinii*) has a hydrating effect on skin tissue, stimulates the natural secretion of sebum and is used to encourage cellular regeneration.

Petitgrain plant essence (*citrus aurantium*) is helpful for clearing up skin blemishes and pimples.

Rosehip oil (*rosa rubiginosa*) is used to successfully reduce wrinkles and signs of premature ageing. It regenerates and repairs skin tissue and is excellent for reducing the formation of scar tissue.