



Product Info & Ingredients

There are many reasons to select natural products for our skin, nails, hair and environment. At Lotus Living, we strive to create ethically-sourced, natural and sustainable products that are good for us, and the planet. Products that are free from phthalates, parabens, harsh chemicals, dyes and preservatives. Although we cannot guarantee that our products are certified gluten-free, we do aim to avoid many of the common allergens, making our products suitable for a lot of people. If you have any questions or comments about our products, please contact us at the coordinates below. We hope you enjoy them!

<u>Item:</u>	<u>Properties:</u>	<u>Useful for:</u>	<u>Which of our products contain it?</u>
Almond oil (GF, DF, SK)	Smoothing, calming, moisturizing, Vitamins A, E, Zinc, Omega 3 fatty acids	Sun damage, stabilizing blood sugar, heart health, stretch marks, hair and skin	Face cream, lip balm
Beeswax (GF, DF, SK, PG?)	AI, locks in moisture, firms, plumps skin	Rosacea, eczema, irritated skin, healing wounds, psoriasis, lowering pain	Face cream, hand cream, lip balm
Cinnamon (EO, GF, DF, PG, CI)	AI, AB, AV, AF, AC, AP, AT Circulatory stimulant	Ulcers, colds, flu, bugs, disinfecting, cleaning	Lip balm, hand cream, body scrub, hand scrub, energy mist
Clove (EO, GF, DF, PG?, CI)	AA, AB, AF, AV, AI, AP, AC pain reliever, antioxidant, manganese, Vitamin K	Digestive upset, toothaches, coughs, asthma, arthritis, hepatitis, parasites, ENT, lice	Lip balm, hand cream, body scrub
Cocoa butter (GF, DF, SK)	AI, AA, rich in phytochemicals and fatty acids, holds in moisture	Skin elasticity, improves blood flow, slows aging, sun protector, stretch marks, eczema, scars	Hand cream
Coconut oil (GF, DF, SK)	Contains lauric acid, fatty acids, caprylic acid, moisturizing, healing	Alzheimer's, high BP, liver health, digestion, salve for wounds and burns, heart disease, blood sugar control	Face cream, hand cream, body scrub, foot scrub, hand scrub, energy mist, pillow spray
Eucalyptus (EO, GF, DF, CI)	AV, AB, AI, expectorant	Respiratory infections, sinus troubles, viruses, Herpes	Bath salts
Frankincense (EO, GF, DF)	AT, Anti-depressant	Muscle relaxant, cancer, respiratory infections, inflammation, immunity	Hand cream
Ginger (EO, GF, DF, SK, CI)	AI, AB, AC, expectorant, stomach soother	Arthritis, inflammation, digestive issues, pain reliever, nausea	Lip balm
Grapefruit (EO, GF, DF, SK, SU)	AT, AB, antioxidant, alkalizing, rich in limonene to combat tumours, refreshing	Detoxifier, cleanser for kidneys, lymphatic system and blood, depression, anxiety, cellulite	Face cream
Lavender (EO, GF, DF, SK, CI)	AB, AF, AT, AC, AI, calming, relaxing,	Acne, eczema, psoriasis, stretch marks, burns, hair loss, nervousness	Hand cream, energy mist, body scrub, pillow spray, bath salts
Lemon (EO, GF, DF, SK, SU)	AB, AT, Vitamin C, antioxidants, alkaline	Digestion, UTI, parasites, improves memory, refreshing, immune stimulant, relaxing, varicose veins, anxiety, clarity	Lip balm, foot scrub
Lemongrass (EO, GF, DF)	AF, AB, AP, AI, anti-bugs, antioxidant, refreshing	UTI, respiratory/sinus infections, digestion, parasites, muscles aches, varicose veins, salmonella	Energy mist



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Lime (EO, GF, DF, SK, SU)	AV, AB, Vitamin C, antioxidant	Strengthening immune function and skin care, acne, herpes, lymph drainage	
Nutmeg (EO, GF, DF, PG)	AI, AP, AB melatonin producing	Arthritis, hypertension, hepatitis, digestion, fatigue, adrenal support	Lip balm
Orange (EO, GF, DF, SK, SU)	Vitamin C, folate, potassium, thiamine, refreshing, immune support, cleansing	Refreshing, toning, clarity, immune support, cleansing	Hand cream, body scrub, hand scrub, pillow spray, bath salts
Peppermint (EO, GF, DF, CI)	AI, AT, AP, AB, AV, AF, potassium, magnesium, Vitamin C, iron, Vitamin A	Pain reliever, digestion, respiratory illness, liver support, calming nerves, itchy skin, dermatitis	Lip balm, foot scrub
Rose (EO, GF, DF, SK)	AI, relaxant, balancing, harmonizing, sense of well being	Scars, ulcers, anxiety, viruses, wrinkles, herpes, hypertension	Bath salts
Rosehip oil (GF, DF, SK)	AA, Vitamin A, moisture and collagen boosting	Age spots, anti aging, wrinkles, fine lines, acne, dark circles	Face cream
Rosemary (EO, GF, DF, PG, CI)	AT, AF, AB, AP, eases stress, reduces inflammation	Mental clarity, concentration, liver support, hair loss, mental fatigue	Face cream
Shea butter (GF, DF, SK)	AI, AA, Vitamin E, Vitamin A, antioxidant phenolics to tone, soothe, soften	Inflammatory conditions, dry skin, elasticity, anti-aging	Face cream, lip balm, hand cream
Tea Tree (EO, GF, DF)	AB, AF, AV, AP, AI	Fungal infections, acne, sores, wounds, cold sores	Lip balm
Vitamin E oil (GF, DF, SK, CI)	Antioxidant, immune supporting, skin refining	Sunburn, inflammation around the eyes, fights free radicals	

<ul style="list-style-type: none"> ❖ AA = Anti-aging ❖ AB = Anti-bacterial ❖ AC = Anti-coagulant ❖ AF = Anti-fungal ❖ AI = Anti-inflammatory 	<ul style="list-style-type: none"> ❖ AP = Anti-parasitic ❖ AT = Anti-tumoral ❖ AV = Anti-viral ❖ ? = Not enough evidence yet to determine 	<ul style="list-style-type: none"> ❖ CI = Use caution / contraindicated for those with illness or using medications ❖ EO = Essential Oil ❖ DF = Dairy free 	<ul style="list-style-type: none"> ❖ GF = Gluten free ❖ OR = Organic ❖ PG = Don't use if pregnant ❖ SK = Safe for kids ❖ SU = Be mindful of sun exposure after using
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