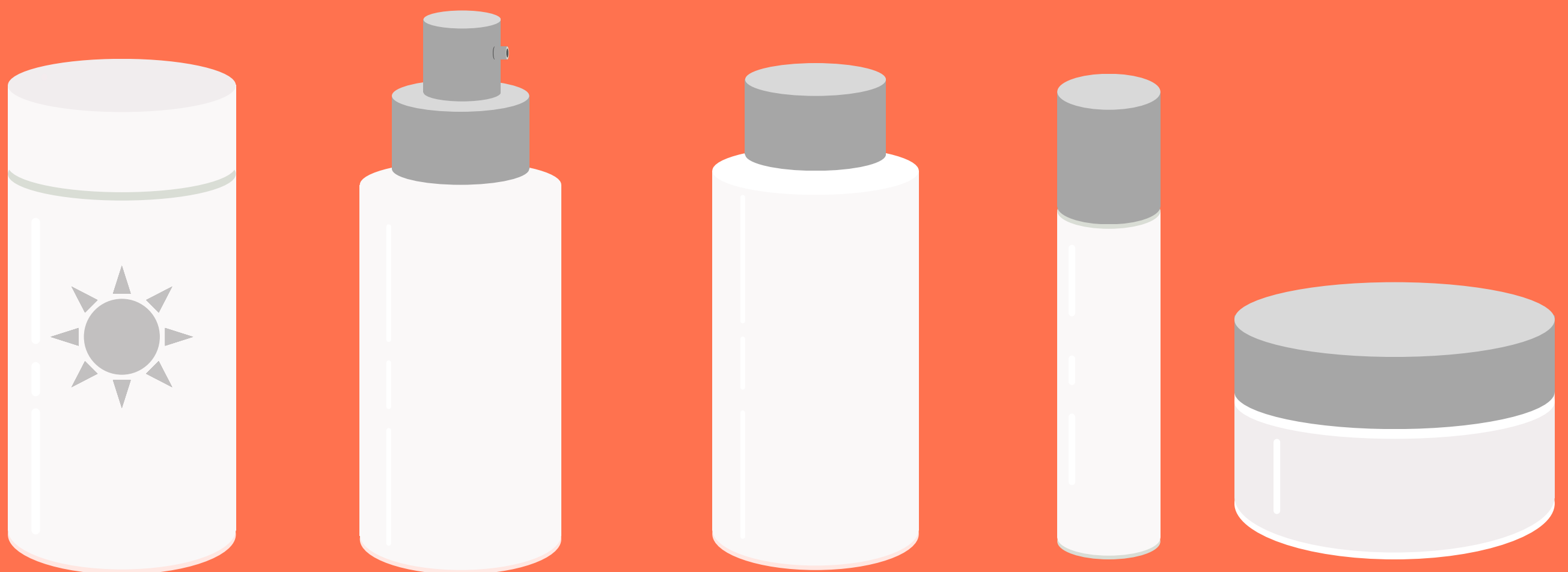


# Active Ingredient Cheat Sheet



DR EMMALINE  
— COSMETIC CLINIC —



# Active Ingredient Cheat Sheet

ACTIVE	WHAT IT IS/DOES	ACNE	ACNE SCARS	AGEING	DEHYDRATED SKIN	ENLARGED PORES	HYPERPIGMENTATION	REDNESS/ROSACEA
AHA	Water-soluble chemical exfoliant (e.g. glycolic acid, lactic acid)	✓	✓	✓	✓	✓	✓	
Allantoin	Soothing ingredient that facilitates wound healing	✓			✓			✓
Aloe Vera	Soothing plant extract with anti-inflammatory properties	✓			✓		✓	✓
Alpha-Lipoic Acid	Fatty acid and potent antioxidant	✓		✓	✓	✓		✓
Azelaic Acid	Naturally occurring dicarboxylic acid with anti-inflammatory effects	✓					✓	✓
Benzoyl Peroxide	Anti-bacterial commonly used to treat acne	✓	✓					
Beta-Glucan	Hydrating ingredient derived from oats that aids wound healing	✓		✓	✓			✓
BHA	Oil-soluble chemical exfoliant (e.g. salicylic acid)	✓		✓		✓		
Bisabolol	Derived from chamomile and used to soothe irritated skin. Also an antioxidant	✓			✓			✓
Centella Asiatica	Medicinal plant extract from Southeast Asia	✓		✓	✓	✓		✓
Ceramides	Lipid naturally found in your skin that is also anti-inflammatory	✓		✓	✓	✓	✓	✓
Cholesterol	Lipid naturally found in your skin	✓		✓	✓	✓		✓
Clay/Charcoal	Minerals that can absorb oil and debris from your skin	✓				✓		
Cytokinins	Plant hormones that have excellent anti-inflammatory properties	✓						✓
Glycerin	An underrated humectant that's often overshadowed by hyaluronic acid				✓			✓
Green Tea	Potent antioxidant with antibacterial benefits.	✓		✓		✓	✓	✓
Hyaluronic Acid	Hydrating glycosaminoglycan that's naturally found in your skin.			✓	✓			
Kojic Acid	Made from fungi and fermented byproducts that can lighten skin	✓		✓			✓	

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ACTIVE	WHAT IT IS/DOES	ACNE	ACNE SCARS	AGEING	DEHYDRATED SKIN	ENLARGED PORES	HYPERPIGMENTATION	REDNESS/ROSACEA
Licorice	Extracted from licorice root that is antioxidant & anti-inflammatory	✓		✓			✓	✓
Linoleic Acid	Fatty acid that helps strengthen your skin barrier	✓		✓	✓	✓		✓
Lipohydroxy Acid	A derivative of salicylic acid that may be more effective	✓		✓		✓		
N-Acetyl Glucosamine	Amino acid sugar that boosts natural production of hyaluronic acid	✓		✓	✓	✓	✓	✓
Niacinamide	Water-soluble vitamin B3	✓		✓	✓	✓	✓	✓
Panthenol	Provitamin B5 that acts as a skin protectant, reduces inflammation, and improves wound healing	✓			✓			✓
Propolis	A substance made by bees that is anti-inflammatory and antibacterial	✓						✓
Retinoids	Vitamin A derivatives & most well-researched anti-aging ingredients	✓	✓	✓		✓	✓	
Resveratrol	Antioxidant found in grapes, berries, and red wine.	✓		✓			✓	✓
Snail Mucin	a.k.a. snail slime, an animal-derived growth factor	✓		✓	✓	✓	✓	✓
Soy Extracts	Natural antioxidant made from soybeans			✓			✓	✓
Sulfur	Non-metallic natural element with antibacterial properties	✓						
Tea Tree Oil	An essential oil used medicinally for its antibacterial effects	✓						
Urea	Humectant found in your skin that exfoliates at high concentrations			✓	✓			
Vitamin C	Most abundant antioxidant found in your skin	✓		✓	✓	✓	✓	✓
Vitamin E	Antioxidant that is naturally found in sebum and oil	✓		✓	✓		✓	✓
Witch Hazel	Commonly used astringent that helps dry out oil	✓				✓		
Zinc	Essential mineral that is anti-inflammatory and can help heal skin	✓		✓			✓	