

SENSPA NATURAL BODY THERAPY

EXCLUSIVELY AT WAITROSE

SenSpa is one of the UK's leading natural and multi-award winning spas. Our 97% natural body range has been designed for customers to create their own spa experience at home.

These luxurious affordable products have been carefully formulated to ensure that they contain as many natural ingredients as possible. The sophisticated fragrances are made entirely of essential oils.

INGREDIENTS - ESSENTIAL OILS AND PLANT EXTRACTS

Achillea Millefolium or Yarrow - helps with circulatory problems such as varicose veins. It is also good for menstrual cramps and cystitis. It has many healing properties and is good for digestive problems such as constipation.

Adansonia digitata or Baobab - The oil is very nourishing, soothing and softening. It is high in vitamins A, D, E and F. Vitamin E is an anti-oxidant meaning that it fights free radicals which helps to slow down the ageing process. It also contains Omega 3 and Omega 6 essential fatty acids.

Anthemis Nobillis or Chamomile reduces tension, calms the mind and emotions, helps to relax, and is also an anti-inflammatory.

Argania spinosa or Argan is very high in vitamin E which is an anti-oxidant; it is very moisturising and contains Omega 3 and Omega 6 essential fatty acids.

Arnica Montana or Arnica roots contain derivatives of thymol which has an anti-inflammatory effect. Arnica has also been used in herbal medicines for its healing properties.

Ascophyllum nodosum or Knotted wrack seaweed. These brown algae store various minerals by absorption from the sea nitrogen, sulphur, and potassium. And because its structure is very close to a human's blood plasma, it means that our body's can easily consume all nutritional benefits.

Borago Officinalis or Borage is a seed oil and is high in the essential fatty acid gamma-linolenic acid, this omega 3 acid plays a vital role in joint health and healthy skin, it is also high in vitamin C and A and minerals such as iron, calcium, potassium and zinc.

Bulnesia Sarmientoi or Vera Wood oil has high healing properties for skin wounds.

Butyrospermum Parkii or Shea Butter is high in fatty acids which gives shea butter its unique healing properties. Shea butter also soothes and nourishes the skin with key vitamins of A, E and F.

Cinnamomum Champhora Linalooliferum or Camphor Laurel is good for increasing circulation and is also an anti-inflammatory. It is effective in treating nervous disorders and can help clear up oily skin.

Cananga Odorata or Ylang Ylang is believed to reduce high blood pressure, and normalise sebum secretion for problem skin.

Chondrus crispus or Carageenan is commonly known to naturally thicken products and to work as a skin softener, and to treat inflamed tissues

Citral is a natural constituent of essential oil. It has a strong, fresh odour sometimes of lemon peel.

Citronellol is a natural constituent of essential oil. It has a sweet rose-like odour.

Citrus Aurantifolia or Lime is a good source of vitamin C and is known for its anti-oxidant properties. It helps to increase blood circulation and has a beautiful uplifting fragrance.

Citrus Aurantium bergamia or Bergamot is very refreshing scented oil, but can also be very relaxing. It is an anti-depressant and helps to clear the mind of anxious thoughts. It is also antibacterial.

Citrus aurantium dulcis or Orange oil is known for its anti-inflammatory properties and helps with detoxification. It also helps to increase the production of collagen so assists in plumping up fine lines and wrinkles.

Cocos Nucifera or Coconut is very rich in fibre, vitamins and minerals especially vitamin E which is known to be a natural antioxidant that helps to fight free radicals. It is excellent for nourishing the skin and helping with skin conditions such as eczema and psoriasis.



SINCE INCEPTION IN 2004, SENSPA
HAS LED THE WAY BY USING
ORGANIC, WILD-CRAFTED AND
NATURAL PRODUCT RANGES IN ALL
SPA TREATMENTS

Coumarin is a natural constituent of essential oil. It is a fragrant organic chemical compound naturally present in plants. It has a sweet odour.

Cymbopogon Martini oil or Palmarosa has excellent skin caring properties and is often used to relieve stiff and tired muscles.

Eugenia Caryophyllus or Clove is very stimulating for the mind. It aids digestion and helps to relieve pain in muscles and tissues.

Fucus Vesiculosus or Bladderwrack is an original source of iodine. It is used in skin preparations for its anti-ageing properties.

Geraniol is a natural constituent of essential oil. It has a sweet rose like odour.

Hibiscus Sabdariffa or Roselle is a good anti-oxidant so helps to fight free radicals

Jasminum Officinale or Jasmine is an anti-depressant and is also antiseptic. It deeply relaxes the mind and tones the skin helping with skin elasticity and stretch marks.

Juniperus Mexicana wood oil or Cedarwood has a woody smell and is used to calm and balance energy. It also works as a sedative to help promote a restful sleep.

Kigelia Africana or Sausage Tree is anti-bacterial, anti-fungal and helps to treat skin conditions.

Laminaria Digitata extract or Oarweed is effective in treating cellulite and is detoxifying.

Lavendula Angustifolia or Lavender is calming and relaxing and it is wonderful healing properties

Limonene is a natural constituent of essential oil, it is a colourless or pale yellow liquid with a sweet lemon like odour. It is also found in lemon rind.

Linalool is a natural constituent of essential oil. It is a colourless liquid with a soft sweet odour.

Litsea Cubeba or May Chang has a lemony fragrance which makes it very uplifting and rejuvenating, it also has anti-inflammatory properties.

Mangifera Indica or Mango has a protective benefit against UV radiation, and is very nourishing for the skin so very good for skin conditions such as eczema and psoriasis.

Maris Sal or Sea Salt has a high mineral content of magnesium, calcium, potassium, and sodium. It is also good for gently exfoliating the skin.

Melaleuca Alternifolia or Tea Tree has wonderful healing properties and is one of the most powerful immune system stimulants.

Mentha Arvensis or Wild mint is used to stimulate the mind and body while cooling the skin.

Oenothera Niennis or Evening primrose helps with cell regeneration, and is good for helping to treat skin conditions such as eczema and psoriasis.

Pelargonium Graveolens or Rose Geranium has a crisp and rosy scent and helps to balance the nervous system, lifting depression and relieving anxiety.

Pogostemon Cablin or Patchouli is a great anti-depressant and antiseptic oil, and it is also valued for its sedative properties.

Rosa Damascena or Damask Rose is one of the best all-purpose oils. The main properties of this oil are anti-depressant, antiseptic and a sedative to the nervous system. It has an exquisite scent.

Rosemarinus officinalis or Rosemary oil is great for stimulating the brain and circulation; it also helps with stiff muscles and improves skin and hair health.



Styrax Benzoin or Benzoin comes from a tree found in Java, Sumatra and Thailand. It has a calming effect on the mind and skin by reducing redness, itchiness and irritation.

Theobroma Cacao or Cocoa contains fatty acids which improves skin moisture retention and elasticity

Vitis Vinifera or Grape is native to the Mediterranean region. It is a woody vine growing with flaky bark which produces a berry known as a grape. It is rich in antioxidants so fights free radicals, and is easily absorbed in the skin.



BASE INGREDIENTS

Alcohol Ethyl alcohol (ethanol). Alcohol has preservation properties. **S**

Benzyl Alcohol is a powerful anti-microbial agent and bacteriostatic. Benzyl alcohol is produced naturally by many plants and is commonly found in fruits and teas. Naturally occurring allergen in essential oils. **N**

Benzyl Benzoate Naturally occurring allergen in essential oils **N**

Benzyl Salicylate Naturally occurring allergen in essential oils **N**

Betaine is naturally derived from sugar beet. Moisturises and controls water balance in skin, strengthening the skin barrier and is anti-inflammatory. It supports a more firm and elastic skin. **N**

Candelilla Cera Wax obtained from the Candelilla Shrub, a desert plant. It has been found to be therapeutically effective in treating inflammation of the skin, including acne. **N**

Caprylic/Capric Triglyceride A fatty mixture of glycerides, principally derived from plant oils such as Coconut Oil. As a quick penetrating and lightweight emollient, it is used for its skin conditioning and smoothing properties. **N**

Caprylyl/Capryl Glucoside is a non-ionic surfactant obtained from renewable raw material: fatty alcohols (Coconut and Palm Oil) and Glucose (Wheat) from vegetable origin. Used as a solubilising agent, foamer and a mild cleanser with excellent dermal compatibility. **N**

Caprylyl Glycol: A multifunctional ingredient that serves as an emollient and humectant as well as an efficient anti-microbial agent. It has bacteriostatic and bactericidal properties for the effective preservation against bacteria and fungi. **N**

Cetearyl Alcohol is a fatty alcohol that is commonly derived from plant oils such as Palm or Coconut. It has a wax-like structure and is used in creams and lotions for its emulsifying, emollient and thickening properties. **N**

Cetearyl Glucoside is a glucolipid of vegetable origin. It is mainly used as an emulsifier. **N**

Cetearyl Isononanoate it is from cetearyl alcohol and is primarily used to give a lightweight feel to products. **N**

Cetyl Ricinoleate Natural Waxy emollient derived from rapeseed, corn or palm **N**

Chondrus Crispus or Irish Moss is obtained from the various members of the red algae family. It is used as a natural thickening agent for creams, lotions and surfactant systems. **N**

Citric Acid exists in a variety of fruits and vegetables, most notably citrus fruits. Lemons and Limes have particularly high concentrations of the acid. Citric acid is used to optimise the pH of a formulation. Citric acid is one of the most widely used acids in the cosmetic and food industries. **N**

Cinnamyl Alcohol Naturally occurring allergen in essential oils **N**

Cocamidopropyl Betaine is mild foaming and cleansing agent that is generally derived from raw materials such as Coconut and Palm Kernel Oils. It works well in a variety of cleansing applications including facial and baby care. **N**

Coco-Caprylate A quick penetrating and lightweight emollient that is derived from Coconut Oil. Used for its skin conditioning and smoothing properties. **N**

Coco-Glucoside is a natural fatty alcohol glucoside, approved for use in products eco-labelled “Good Environmental Choice” (in Swedish: Bra Miljöval) by the Swedish Society for Nature Conservation and is incredibly mild. **N**

Corn Starch is a smooth, white powder made from the kernel of the corn plant, specifically the starchy part known as the endosperm. We use it instead of talc. **N**

base ingredients legend

GREEN LETTERING =
INGREDIENTS THAT ARE
APPROVED BY ECOCERT.

N = DERIVED FROM NATURAL
SOURCES

S = SYNTHETIC

Dehydroacetic Acid is a bacteriostat and a fungistat. Widely considered as one of the mildest preservatives. **S**

Dicaprylyl Ether is a naturally derived (Coconut and Palm Kernel Oils) light-weight, fast absorbing emollient oil that is used to develop skin care preparation with skin smoothing and softening benefits. **N**

Dipalmitoyl hydroxyproline is amino acids and palmitic acids which are naturally derived from sustainable palm oil. It enhances collagen synthesis, reduces wrinkles and firms the skin **N**

Disodium Lauryl Sulfosuccinate is a disodium salt of a lauryl alcohol half ester of sulfosuccinic acid used as a mild surfactant in various personal care products. **N**



Glycerin is a building block of all fats and oils. Derived from Coconut or Palm Oil, glycerin is an excellent humectant and moisturiser that regulates the absorption and release of water in the skin. **N**

Glyceryl Caprylate Natural biodegradable ingredient which is used as an emollient and emulsifier. **N**

Coco Glucoside/Glyceryl Oleate is based on natural vegetable raw: Coconut Oil, Palm Kernel Oil, Sunflower Oil and Maise. It is an alkyl polyglycoside and fatty acid monoglyceride composite that is used in the development of body cleansing preparations. This ingredient is known to enhance lipid layers, improve viscosity and foaming, condition and moisturise skin and hair. It is mild to skin, biodegradable and contains no ethylene oxide or nitrogen. **N**

Glyceryl Stearate is made from stearic fatty acid (Palm Oil derived) and vegetable glycerine. It works as an emollient, secondary emulsifier, stabiliser and thickening agent in creams and lotions. **N**

Hydrogenated Palm Glycerides Citrate Antioxidant used with the Coco Glucoside/Glyceryl Oleate blend. **N**

Lauryl Glucoside is a naturally derived non-ionic, sugar-based surfactant prepared by combining corn starch glucose with natural fatty alcohol (from coconut oil). Due to its natural origin, this cleansing agent is very mild and readily biodegradable. It provides excellent foaming and is commonly used in cleansers for sensitive skin. **N**

Magnesium Carbonate is a naturally occurring white mineral. We use it as an anti-caking agent in our Talc Free Natural Body Powder to ensure the powder dispenses easily and flows freely. **N**

Menthol – Natural ingredient derived from mint. It has refreshing and soothing properties. **N**

Myristyl Myristate is a 100% naturally derived ester utilising only the Myristic fatty acids. It acts to stabilize the formula and provide conditioning effects in our hair products **N**

Palmitic Acid is a fatty acid generally derived from natural vegetable oils such as palm and palm kernel oil. In creams and lotions this ingredient is used as a secondary emulsifier, structurant and consistency enhancing agent. **N**

Polyglyceryl-3 Dicitrate/Stearate Biodegradable emulsifier naturally derived rapeseed. **N**

Polyglyceryl-4 Caprate is naturally derived from sustainable palm oil and coconut. Used as a solubiliser and provides better product application and assimilation of lipophilic ingredients **N**

Potassium Sorbate is the salt of Sorbic Acid. Sorbic Acid was first isolated from pressed unripened berries of mountain ash tree. It is primarily used as an anti-fungal. **S**

Contact Us

SenSpa
Careys Manor
Lyndhurst Rd
Brockenhurst
Hants, SO42 7RH

Spa Director
Lina Lotto
01590 625218
linalotto@senspa.co.uk
www.senspa.co.uk

Sales & Marketing Director
Mark Seamer
01590 625200
mark@careysmanor.com

Wizard Publicity
Nina Dunbar Johnson
Direct Line: +44 (0)20 7725 9291
Telephone: +44 (0)20 7725 9290

nina@wizardpublicity.com



natural acid mantle on the skins surface. Provides gentle antimicrobial on the skin

Sodium Chloride or salt is a crystalline solid, normally obtained from sea water or rock deposits. It is commonly used in surfactant systems to adjust viscosity or enhance of preservation. **N**

Sodium Cocoyl Glutamate Naturally derived anionic surfactant based on coconut and palm kernel oil. **N**

Sodium Cocoamphoacetate is a gentle, amphoteric foaming and cleansing agent derived from natural and renewable resources. Based on coconut oil, this mild ingredient creates rich foam with excellent feel and structure. It is bio-degradable and well tolerated by sensitive skin types. **N**

Sodium Hyaluronate in an aqueous environment Sodium Hyaluronate dissociates into Hyaluronic Acid. Hyaluronic Acid is a component of skin's natural moisturising factor. This naturally occurring polysaccharide has excellent water binding properties and is known for its ability to hold up to 1,000 times its weight in water. It reinforces skin's short and long term moisturisation, helps to plump up the tissue to restore elasticity and diminish appearance of fine lines and wrinkles. **N**

Sodium Lauroyl Sarcosinate is from vegetable sources and approved for use in vegetarian/vegan friendly products. **N**

Sodium Levulinate is derived from coconut as a source material glycerin has a moisturising effect. Improves the natural acid mantle on the skins surface. Provides gentle antimicrobial on the skin **N**

Sodium Phytate Derived from Rice bran and used as a chelating agent. **N**

Sodium Stearoyl Glutamate is a mild amino acid based emulsifier derived from natural and renewable resources. Created from coconut oil and glutamic acid this gentle ingredient has excellent emulsion stabilising and structuring properties, is environmentally-friendly and well-tolerated by sensitive skin types. **N**

Sodium Benzoate, or the sodium salt of benzoic acid, is a GRAS (generally recognised as safe) material that has been used for decades as an effective preservative in the food and personal care industry. Sodium benzoate, which occurs in nature, works in synergy with gluconolactone to provide broad spectrum antimicrobial protection. **S**

Sodium Anisate is derived from coconut as a source material glycerin has a moisturising effect. Improves the

Tocopherol or Vitamin E can be derived from many plant oils, especially wheat germ, soy and oat. Vitamin E is an antioxidant that stimulates the immune system. Tocopheryl reduces the formation of free radicals from exposure to UV rays, and promotes the healing process. It also strengthens the skin's barrier function, protects the skin barrier's lipid balance, and reduces transepidermal water loss. **N**

Xanthan Gum is a polysaccharide produced by a process involving fermentation of sugar syrup (glucose or sucrose) by bacterium *Xanthomonas campestris*. In personal care products, it is used to prepare water gels. Is also used in oil-in-water emulsions to help stabilise the oil droplets against coalescence. **N**

