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S K I N C A R E

Esse Brand Information Training

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Introduction

History

Esse means 'to be' in Latin.

Esse was founded in 2002 by research chemist, Trevor Steyn, who was involved in the search for new pharmaceuticals from medicinal plants in South Africa. Some extracts of these plants were found to have application in skincare, and he founded the company to take these new extracts to market.

The brand initially established itself in the nascent organic skincare market in South Africa.

Since 2008, with the initiation of the Human Microbiome Project, Trevor has been active in applying the breakthroughs in human microbiome research to skincare and in 2009, the company began its move into probiotic skincare. Early findings from the Human Microbiome Project started to shift the conventional view of skin and Esse began to see skin as an ecology of human and microbial cells and the process of incorporating this new view into the formulation of its products began. The company actively researches the application of new probiotic species and delivery methods to combat ageing and optimise skin health.

Philosophy

Esse produces the most advanced organic skincare products in the world by applying an understanding of the human microbiome to the treatment of sensitive and ageing skin.

Esse is committed to providing skincare that is ethical and sustainable for the environment, the people involved and most importantly, the customer.

Esse does not believe in damaging skin in pursuit of short-term results, it optimises skin health to slow ageing in the long-term.

Esse uses prebiotics to selectively feed good microbes and includes LIVE probiotic microbes in three of our retail serums and our professional Probiotic Ampoule to make functional changes to the skin's microbiome. This allows the rewilding of the skin - returning the skin back to its most wild state with green chemistry.

Since our inception, we have remained true to our core principles: We are certified organic, vegan friendly and cruelty free. We support fair trade and are a carbon and plastic neutral company.

Our Ethics

Organic

Esse is certified organic by EcoCert to COSMOS Standards. EcoCert audits and inspects our manufacturing facility annually as well as ensures that our formulations and packaging are compliant with their standards. They are based in France and are the largest certifiers of organic personal care products in the world.

<http://www.ecocert.com/en>



Carbon-Neutral

Esse is a carbon-neutral company and purchases carbon credits to offset its emissions yearly.



Plastic-Neutral

We have partnered with CleanHub to collect plastic waste in developing countries before it can reach the ocean.

Millions of tons of plastic end up in our ocean every year with deeply damaging results to marine ecosystems.

Esse is carbon neutral already and has now stepped up to help protect the ocean by going plastic neutral. We calculate our plastic usage and for every 1kg that we use, we ensure 2kgs are collected.

CleanHub has the capacity to treat 15 million tonnes of plastic waste from more than 70 countries.

Esse is committed to protecting our ocean - with every product we sell.

<https://www.cleanhub.io/>



Animal testing & vegan friendly

Our efficacy and safety tests are conducted on human volunteers in Bonn, Germany. We do not test our products on animals and will not source raw materials from companies that do. We will always endeavour to use animal free ingredients in our formulations and in the rare event that a plant-based alternative is not available we will, as always, be scrupulous about the integrity of our suppliers. We will only use a by-product and only consider it provided no harm comes to the animal in processing it.

We are accredited by PETA and Beauty Without Cruelty and all our products carry certification from the Vegan Society.

<http://www.vegansa.com/products.ph>

<http://www.peta.org/about-peta/>



Your Skin and its Microbiome

What are microbes?

A MICROBE is a single-celled, microscopic organism. This includes bacteria, viruses, yeasts, and archaea amongst others.

The total of all the microbes in and on your body is called your MICROBIOME.

“There are at least 10 microbes for each human cell in your body” ...The Human Microbiome Project

Each one of us is a complex ecosystem – a harmonious mix of human cells and microbes.

The Human Microbiome Project concluded in 2013 that, “microbes contribute more genes that are essential for human survival than humans do”.

Your microbes are essential for your health - not just in your gut, but in your lungs, mouth, ears, hair and most importantly for us - skin.

These new findings have changed the way that skin is understood. Your resident microbes need to be considered in any product that seeks to slow the ageing process. Microbes are partners that have been with you and your ancestors for hundreds of thousands of years and you need them to optimise the health of your skin.

Studies strongly indicate that high microbial diversity correlates with good health. The same studies reveal that Americans have already lost up to 25% of their microbial biodiversity. The same is likely to be true for most of us. You need to maintain the ecosystem in and on your skin and the modern lifestyle (particularly antibiotic exposure at any point during life) significantly impacts microbial diversity. Esse treats the skin as an ecosystem. Every ingredient used in our products is carefully considered for its impact on the skin microbiome.

Things that damage your microbiome:

- › Antibiotics alter your microbiome permanently.
- › Caesarean section birthed children can have a compromised immune system.
- › The modern day war on germs and over-sanitising.
- › Chlorinated water (drinking and swimming).
- › High pH soap bars.
- › Processed diet - highly preserved and sugary foods.
- › Mainstream cosmetic ingredients.
- › Not exposing your skin to microbes in nature.

Esse focuses on preserving microbial diversity and promoting colonisation of healthy microbes at the expense of pathogenic ones.

Esse supplements the skin with live probiotics, postbiotics, and prebiotics.

Organic vs Natural

Conventional & Natural

Conventional products can include as little as 0.01% of a natural extract to claim that they are natural. It is important to distinguish between natural products and organic products.

Some brands are genuinely natural. To convey this to the public, brands can certify natural (with NaTrue, BDIH or COSMOS for example). The certification agency will oversee their formulations and manufacturing processes in an audit and then allow producers to use their logo on the product. There is generally no pre-requisite for organic ingredients in these products.

The basic rule is that “if it isn’t certified natural, it’s not natural”.

Organic

If it is not certified organic, it is not organic.

Organic skincare products contain herbs, oils and extracts produced without synthetic pesticides, fertilisers, or genetically modified ingredients.

In other words, they are better for the environment, and they will leave less chemical residue on the skin.

Certified organic cosmetic products are regulated by the same certification agencies that handle food certification.

These agencies demand a lot:

- › They stipulate that a certain percentage of the product is certified organic.
- › They ban the use of controversial ingredients.
- › They inspect the manufacturing facility.
- › They check accounting records to ensure that organic products are traceable all the way back to the certified organic farmer.

Esse is certified organic by ECOCERT to COSMOS standards

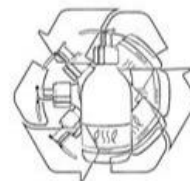
Packaging

Esse subscribes to the basic principles behind the Cradle-to-Cradle standards.

Esse packaging is glass or first-generation EcoCert approved plastic. This means that it is fully recyclable.

Esse does not use plastics that contain plasticisers. Plasticisers are often strong estrogenic mimics.

EcoCert conduct full audits of our packaging to ensure that it is safe for the consumer, environmentally friendly in its production and fully recyclable.



What Esse Believes In

Esse has a strong belief around what should and should not be applied to the skin via skincare products. Here is our list of things we will not do:

- › **No AHA's** - We feel that the daily use of alpha-hydroxy acids is unhealthy and accelerates the ageing process. AHA's dissolve the cement that holds cells together and cause the outer layers of the skin to peel off. This is to support claims of wrinkle reduction.

The skin will immediately try to maintain a healthy skin thickness by accelerating the rate of division of the basal cells. The same process produces a callous. Each basal cell can only replicate approximately 60 times (the Hayflick limit). Once enough basal cells reach the limit, the skin starts to get thinner and more prone to sun damage, wrinkles, and attack by pathogens.

AHA's accelerate the rate of basal cell division and hence accelerate the ageing process. By removing the outer layer of the skin, AHA's also increases the likelihood of sun damage. This outer layer is the skin's first line of defence against UV damage.

Esse will sometimes use very low levels of Lactic acid to adjust pH but this ingredient will never be used at anything approaching "peel" concentrations.

- › **No animal testing** - Many people think that animal testing is a thing of the past. Unfortunately, animal testing is alive and well, especially in China where it is required by law. Neither our raw materials nor the finished product is tested on animals.

Skin sensitivity and efficacy tests are conducted on human volunteers by an independent testing facility in Bonn, Germany.

- › **No parabens** - Parabens disrupt hormones and they have also been detected in breast cancer tissue. There is also strong evidence that they accelerate ageing in skin cells.
- › **No synthetic fragrance** - usually listed as parfum or just fragrance - this is often the cause of dermatological reactions. Parfum or fragrance often contains phthalates. These are very strong hormone-disrupting agents.
- › **No ethoxylated ingredients** - these are PEG and -eth ingredients (like PEG-40 Castor Oil or Ceteareth-25). These release 1,4-dioxane, a potent carcinogen, throughout of the product's shelf life.
- › **No synthetic colourants** - this is just an unnecessary risk.
- › **No petrochemicals** - We do not feel that these ingredients are beneficial to skin and Esse does not wish to support the petrochemical industry. It is extremely unlikely that petroleum products (like Mineral Oil) are beneficial to the skin's microbiome and we consider these ingredients pollutants.
- › **No sulphated surfactants** - these are irritants even at low concentrations.
- › **No propylene glycol** - a major component of glycerine soaps; propylene glycol is an irritant and is very readily absorbed by the skin. It is often used in moisturisers to get petrochemicals to absorb. It has been shown to depress the central nervous system.

- › **Rewilding** - is the concept of bringing nature back onto the client's skin to get microbial partners back and to strengthen the skin's natural defences, to bring it back to life.

Over the last 100 years, industrial beauty has disrupted and polluted this complex ecosystem and microbiome.

We have paid the price with massive increases in sensitive skin and acne.

We have lost our best skin. And we want it back.

Esse research's rewilding techniques to restore your skin's microbiome with probiotics and green chemistry.

Key Ingredients

We focus our research on cutting-edge actives to ensure that we are always at the pinnacle of what organic skincare can offer.

Here are just a few of the highlights:

We have a strong focus on the skin microbiome, and we use several ingredients to shift the microbiome in and on the skin.

These include:

Live probiotics: In the Probiotic Serum, Sensitive Serum, Clarifying Oil and Probiotic Ampoule, Esse has developed an encapsulation technique that allows us to include live probiotics at high levels in four of our products. Different species are used to achieve specific results.

Postbiotics: Esse uses Lactobacillus lysates and tyndallised lactobacillus to shift the ecology of skin toward optimum health.

Prebiotics: Esse uses Inulin, Fructo-Oligosaccharide, Gluco-Oligosaccharide and Yacon Root Extract for prebiotics in our products. Prebiotics are used to selectively feed beneficial microbes in, and on the skin. This food source for good microbes favours their growth over pathogenic microbes. These ingredients can help to shift skin toward peak health.

BIOME+ technology – many products in the Esse range carry the BIOME+ logo. This refers to a combination of live probiotics or probiotic extracts with prebiotics in a low pH format. These factors, together with the organic nature of the product, combine to greatly improve skin condition.

Gamma Aminobutyric Acid (GABA) – relaxes tense muscles, improves skin firmness, and reduces small wrinkles. In the epidermis, GABA can promote epidermal cell proliferation along with the production of involucrin and glutathione. This can help to repair barrier function by improving the structure of the stratum corneum. In the dermis, GABA can promote fibroblast proliferation and the synthesis of hyaluronic acid and collagen, improving skin moisture and elasticity.

7-Dehydrocholesterol (Provitamin D3) - Vitamin D is involved in many processes throughout the body. Vitamin D also performs many functions in the skin, including the modulation of immune responses, differentiation and proliferation of keratinocytes as well as reduction of inflammation to name a few. In order for your body to make Vitamin D, it needs starting material which is where 7-Dehydrocholesterol comes in.

Sapienic Acid – is a skin-identical fatty acid that acts as an emollient while supporting the skin microbiome. Sapienic Acid exhibits a potent anti-pathogenic effect without adversely affecting our skin's commensal microbes. The mechanisms of Sapienic Acid, including its robust anti-pathogenic effect and its role as a prebiotic, contribute to microbial homeostasis and help shift the skin's microbiome into a healthier, more balanced state.

Hyaluronic Acid - is listed as sodium hyaluronate on our INCI listings. It reduces wrinkle depth, increases skin hydration as well as increases firmness and elasticity. We use 60 to 80 kDA specifically to maximise penetration and reduce inflammation.

Bakuchiol – is a functional analog of Retinol and improves visual smoothness, clarity, radiance, overall appearance and supports with general anti-ageing. Bakuchiol has been shown to reduce wrinkle depth, decrease hyperpigmentation associated with ageing, reduces skin redness and skin roughness and stimulates the production of new Collagen I, III and IV. Bakuchiol also assists with mitigating inflammation, inhibits Matrix Metalloproteases and down regulates many pro-inflammatory genes in skin cells. It also acts as a potent antioxidant and shows strong antifungal activity.

Myrothamnus Flabellifolia (A Resurrect Plant) – We use Myrothmanus for its potent antioxidant effect and its ability to boost skin hydration for 24 hours after a single application.

Ximenia Americana – contains more than 30% very long chain fatty acids which are uncommon in nature. Human sebum contains these rare fatty acids and this is unique nutrient source is digestible by our co-evolved microbes, therefore this oil works a lot like a skin prebiotic. It is nourishing, moisturising, revitalising and softening. Ximenia also elps to improve tone and elasticity.

Adansonia Digitata (Baobab) – acts as an antioxidant, has anti-ageing properties, enhances elasticity and provides skin firming effects.

Acmella Oleracea (Mafane) – we make use of the active Spilanthol that penetrates the skin and has muscle relaxant properties.

Aspalathus Linearis (Rooibos Leaf Extract) – is exceptionally high in antioxidants, has anti-ageing properties and has UV damage repairing properties. It also assists with reducing inflammation and improves barrier integrity.

Bellis Perennis (Daisy Flower) – inhibits melanogenesis by inhibiting tyrosinase activity and has strong lightening properties as both a corrective and preventative measure.

Harpagophytum Procumbens (Devil's Claw) – has an anti-inflammatory effect and protects collagen and elastin from damage whilst improving the signs of ageing.

Kigelia Africana (Sausage Tree) – is known for its excellent firming effect on the dermis, restoring elasticity. At Esse, we use this ingredient to provide a firming effect and to assist with pigmentation.

Albizia Julibrissin – improves collagen and elastin synthesis, strengthening tissue structure.

Sigesbeckia Orientalis (Darutoside) – has strong antioxidant properties, it is regenerating, restores collagen and improves photo-ageing. It contains anti-inflammatory components and is healing.

Lilium Candidum (White Lilly) – is skin conditioning and has skin lightening properties. It reduces the transfer of melanin to skin cells, which reduces dark spots.

Ptychopetalum Olacoides (Marapuama) – has strong antioxidant properties, is skin lighening and brightening.

Simmondsia Chinensis (Jojoba) – is moisturising, smoothing and anti-inflammatory. We use Jojoba Oil because its components are similar to some of those in human sebum. It assists with regulating sebum and improves elasticity.

Pfaffia Paniculata (Brazilian Ginseng Root) – has antioxidant, anti-inflammatory and

immune strengthening properties. This contributes to making the skin smoother and brighter and reduces dark circles under the eyes.

Aloe Barbadensis (Aloe Vera) – is hydrating, calming and enhances wound healing. Aloe Vera helps to boost collagen production and hyaluronic acid production.

Niacinamide (Vitamin B3) – targets inflammation and sebum overproduction. It boosts ceramide production in keratinocytes which improves barrier function.

Panthenol (Vitamin B5) – promotes wound healing and improves the skin's barrier function.

African Oils - like Marula, Yangu and Manketti are used for their ability to protect from UV and provide the skin with valuable omega fatty acids.

Potent antioxidants - including Myrothamnus, Rooibos Extract, Olive Leaf Extract, Grape Seed Extract, Ascorbyl Palmitate and Vitamin E are included at high levels.

The above topics are discussed in greater detail further on. For ingredient information, refer to the Ingredient Glossary after the product pages.

Esse is committed to maintaining the accuracy of the ingredient listing of our products. However, because ingredients are subject to change, please refer to our website or product packaging for the most recent ingredient listing.



What BIOME+ gives you:

- › Live probiotics or postbiotics (probiotic extracts)
- › Prebiotics
- › Low pH
- › Ultra-mild preservatives
- › Organic ingredients

The BIOME+ logo is used on many of the Esse products. This refers to a combination of live probiotics or probiotic extracts with prebiotics in a low pH format.

Live probiotics (Level 4) are included in the Probiotic Serum, Sensitive Serum, Clarifying Oil and the Probiotic Ampoule.

Tyndallised probiotics (level 3) and Lysate probiotic extracts (level 2) are included in all the other Esse products that carry the BIOME+ logo.

The application of Lactobacillus species and extracts has been shown to significantly improve conditions such as acne and eczema. More importantly for preventing ageing, probiotic supplementation greatly improves the skin's natural barrier function and the formation of tight junctions (T-junctions).

Although BIOME+ is incorporated in leave-on products in the range (excluding treatment oils and the Lip Conditioner) so the entire Esse range considers the skin's microbiome.

Live Probiotics (Level 4)

In food, a probiotic is defined as a live microbe that has a beneficial effect on a human being. Probiotic supplements are measured in CFU per ml - that is colony-forming units per millilitre. This is a measure of how many live microbes can form colonies upon application, per millilitre of product.

No standards are governing the use of probiotic claims in skincare, so claims are generally made without substantiation.

In 2015, Esse was the first skincare brand in the world to launch a live probiotic serum. The Probiotic Serum contains 3 species of Lactobacillus microbes with a combined count of more than 1 billion CFU per ml. These microbes are kept dormant by immobilising them in oil. Once they are exposed to water on the surface of the skin, they start to multiply.

The Probiotic Serum on its own has been shown to improve skin elasticity by 8,6% in 28 days. It has also been shown to improve skin firmness by 16,1% in 28 days. Improvements were seen in 100% of the 20 women tested.

The real power of live probiotics is seen when combined with the prebiotics and low pH of the Esse moisturisers.

Postbiotics (Probiotic Extracts)

Esse uses extracts of probiotic microbes (postbiotics) to shift the ecology of skin toward optimum health.

There are a few different types of probiotic extracts and we have assigned different levels to each.

Level 1

No actual microbes - just the broth they leave behind

These products use the “broth” from a microbial soup. The microbes are grown on a substrate (think of this as a watery solution of microbial nutrients) and then the probiotic microbes are filtered off so that they do not interfere with the product’s preservatives. The “broth” is the remaining solution (which has the excretes of the microbes in it). This is used as an ingredient in a final cosmetic product. Good skincare results can sometimes be obtained using this technique, but Esse does not refer to this technology as “probiotic” or include it in its BIOME+ claims.

Level 2

The ‘juice’ from inside probiotic microbes

These probiotic extracts are called lysates because the probiotic cells are ruptured (lysed). In this technique, the probiotics are again cultured in a nutrient-rich substrate but instead of filtering them off, the cells are broken so that their cell contents leak out before the mixture is filtered. This method results in an “extract” that contains the cytoplasm (cell contents) of probiotic microbes. Esse uses this technology in most of its BIOME+ products.

Level 3

Whole, ‘dead’ probiotic microbes

Traditionally with this technique, the microbes are kept whole but they are killed with heat. This process is called tyndallisation and here the culture of probiotics is heated to 60° C and cooled again over three days. This kills the probiotic cells, so the CFU per ml would still be 0. These probiotics can still dock onto skin cells but obviously cannot grow and divide to significantly alter the skin’s microbiome. Esse has found a unique way to inactivate these microbes that do not require them to be heated to 60° C. Most of Esse’s leave on products include level 3 probiotics at 1 million tyndallised lactobacillus per ml (except for the lip conditioner and treatment oils)

These three levels of probiotic supplementation are relatively easy to use in cosmetics. The ingredient is simply added to the formulation at the end of the manufacturing process with no real change in the preservative system or the rest of the product.

Prebiotics

Prebiotic - a selective food source to favour the growth of beneficial microbes over pathogenic ones.

Esse uses inulin and Alpha-Glucan Oligosaccharides in the BIOME+ products to provide a food source that favours the growth of beneficial microbes over opportunistic microbes. Opportunistic microbes are usually pathogenic - they attempt to disrupt and then dominate the ecosystem. At this point, your immune system will have to activate to try to restore balance and this will accelerate ageing.

pH

The natural pH of skin is around pH 5. This pH favours the growth of beneficial microbes and slows or prevents the growth of many pathogens and other opportunistic microbes. Your microbes produce much of the lactic acid that keeps your skin pH low.

High pH products should be avoided as it can take your skin up to 18 hours to recover to its normal pH. The entire Esse range has been balanced at a pH of 5. Many brands balance the pH of their cleansers but do not pay full attention to the pH their leave-on products.

Preservatives

Preservatives kill microbes. This is not going to be good for the beneficial microbes on your skin. Esse uses ultra-mild preservatives so that we minimise damage to the skin microbiome. We use gentle, rapidly biodegradable surfactants for the same reason.

Organic

It is now clear that your skin is a healthy partnership between your human cells and your microbes and has evolved over millions of years ... it is an ecosystem. Ecosystems do not respond well to pollution. Therefore, we choose to use certified organic oils and other natural ingredients that do not pollute the skin's microbiome.

Why Probiotics for the Skin?

In independent testing, we have shown that the Lactobacillus probiotics that we use are safe and very effective as anti-ageing ingredients.

This section will describe how probiotics work to optimise skin health.

Probiotics protect from pro - ageing pathogens

Probiotics protect your skin from pathogenic microbes that accelerate ageing.

They do this by competitive exclusion – this means that they occupy the space and eat all the available food so that the “bad guys” cannot grow.

Skin cells need probiotic microbes and they have docking sites for them. There is competition for these docking sites. If pathogenic microbes dock, the skin cell's lifespan drops by half. This means that your skin will age at double the rate.

Probiotics can slow ageing by filling all the docking sites so that pathogens cannot attach to skin cells.

Probiotics also stimulate the skin to activate its own microbe-modulating peptides called defensins. These defensins are secreted by keratinocytes to help control, which microbes grow in and on skin. Defensins are toxic to pathogenic microbes while having little effect on beneficial microbes. Lactobacillus probiotic lysates have been shown to increase the skin's production of beta-defensins by 74%.

Probiotics enhance barrier function to improve wrinkle appearance

Probiotics communicate with your skin cells to tell them to form better T-junctions.

Tight junctions (T-junctions) are situated in the stratum granulosum and are a major contributor to the barrier function of the epidermis. Their key role in barrier function was only recognized in 2006 (Yuki et. al.). Without T-junctions in your skin, you would probably be dead in less than 3 days as you would lose huge amounts of water and solutes through your skin and you would be vulnerable to attack from a myriad of pathogens and environmental toxins.

Your skin cells and your microbes communicate. They do this via chemical messengers and can influence each other's behaviour. It has become clear that probiotic microbes can have a strong positive influence on the formation of T-junctions in human skin cells (O Niell et. al.).

Probiotics and lysates of probiotics can cause keratinocytes in the stratum granulosum to increase the quality of the T-junction network between cells and, hence, improve water retention. This will improve the appearance of wrinkles and increase skin firmness as the skin plumps with water.

Better T-junctions means better water retention in the skin. This means plumper skin and fewer wrinkles.

If the number of beneficial microbes is low ... pathogenic microbes can dock and start to destroy T-junctions. Toxic chemicals can also penetrate far more easily

once T-junctions are impaired. Both will cause increased sub-clinical inflammation and will rapidly increase the rate of ageing.

Probiotics moisturise skin

Human skin has been getting along without daily moisturisers for at least the last million years or so. This is because it has had the help of microbes that produce moisturising factors like Hyaluronic Acid and Lactic Acid.

Hyaluronic Acid (HA) is made by keratinocytes and fibroblasts in the skin and it is the skin's primary water storage molecule and can hold at least 10 times its weight in water. Probiotics like Lactobacillus boost Hyaluronic Acid levels by both increasing production from skin cells and by producing Hyaluronic Acid themselves. Esse incorporates Hyaluronic Acid in most of the leave-on products. What is better than adding living Hyaluronic Acid factories to your skin?

Lactobacillus probiotics also produce Lactic Acid - hence their name. Lactic Acid is the acid that your skin uses to keep the pH low (at between 3 and 5,5 depending on the region). This low pH limits the growth of pathogenic microbes. Your resident microbes produce the majority of the Lactic Acid in your skin and supplementing with Lactobacillus can help to shift the ecology in your favour. Lactic Acid is also a key moisturising factor in the skin.

To summarise, probiotics act as living factories (both in and on the skin) producing moisturising molecules that keep the skin plump and hydrated.

Probiotics improve skin firmness & elasticity

It has been shown that probiotics can improve skin firmness. The Probiotic Serum improves skin firmness by an average of 16% over 28 days for example. Improvements in skin elasticity are also seen.

The mechanism behind this is not yet fully understood but it has been established that Lactobacillus probiotics can produce proteins that improve the structuring of the collagen in the skin.

Probiotics support sustainable anti - ageing

Every month that goes by leaves its imprint on your skin. If it has been a month of poor diet; dry, irritated skin and antibiotics then your skin would have aged far more than it would have in a month where your skin has been kept moist and oil balanced. You can rescue skin that is in bad condition, but the long-term damage is (at least to some extent) irreversible.

The answer to anti-ageing, in the long term, is to age less every day. Therefore, Esse focuses on optimising skin health. Healthy skin ages slower and looks better.

Ingredient Glossary

Ingredient	Common Name	Benefit
7-Dehydrocholesterol	Pro-vitamin D3	Supplements the skin with pro-vitamin D to boost vit D synthesis in the skin. Reduce inflammation, regulates sebum production and improves skin barrier function
Acmella Oleracea Extract	Mafane	Acts as a natural muscle relaxant and has anti-ageing and anti-wrinkle properties.
Adansonia Digitata	Baobab	A prebiotic that is high in vitamins and minerals. It has high antioxidant and anti-ageing activity, as well as improving skin elasticity.
Albizia Julibrissin Bark Extract	Persian Silk Tree	An antioxidant that protects the skin against glycation (the binding of sugar molecules to a protein or lipid) and has skin smoothing properties.
Alcohol	Ethanol	Antimicrobial, solvent, astringent.
Algin		Used as a gelling agent, controls viscosity. Used in the Exclusion mask to allow setting of the mask.
Allantoin		Found in high concentrations in Aloe Vera. A soothing, healing, moisturising and hydrating agent. It exhibits a keratolytic action (thins the skin on and around a lesion, causing the outer layer of the skin to loosen and shed).
Aloe Barbadensis	Aloe Vera Extract	It is soothing and evens skin tone. It is easily absorbed, drawing other beneficial ingredients with it.
Alpha-Glucan Oligosaccharide		Moisturiser with water binding properties. It is a prebiotic and strengthens the skins natural barrier.
Aminobutyric Acid	GABA	Gaba or gamma-aminobutyric acid which is an amino acid that functions as a neurotransmitter in the central nervous system. By adding GABA into a product, we can activate the GABA receptors in the skin to ensure: <ul style="list-style-type: none"> - the relaxation of tense muscles and - the reduction of small wrinkles
Anthemis Nobilis Flower Oil	Chamomile Flower Oil	A fragrance ingredient with skin soothing and cooling properties that prevents tissue degeneration and promotes healing. Also known as Roman chamomile.
Aqua	Water	It's mainly a solvent for ingredients that do not like to dissolve in oils but rather in water. Part of some active/ingredients
Ascorbyl Palmitate	Vitamin C	A derivative of Vitamin C that is oil-soluble. A potent antioxidant that can penetrate cells to protect from the inside. It also evens skin tone and helps with pigmentation problems.
Aspalathus Linearis Leaf Extract	Rooibos Leaf Extract	Extract that is exceptionally high in antioxidants (10 times more potent than green tea extract). Anti-ageing and UV damage repairing properties. It can also decrease melanin pigmentation. Fair Trade Certified and part of an empowerment program for rural women.
Aspalathus Linearis Leaf*	Milled Rooibos Leaves	Mild exfoliant that is exceptionally high in antioxidants (10 times more potent than green tea extract). It can also decrease melanin pigmentation. Fair Trade Certified and part of an empowerment program for

		rural women.
Astragalus Gummifer	Tragacanth Gum	A thickening and emulsifying agent, extracted from the sap of the "goat's thorn" plant.
Bacillus		Rod-shaped, gram-positive bacteria able to influence and support the skin microbiome
Bakuchiol		Bakuchiol is a non-toxic replacement for retinol and it shows similar or better results without the downsides of skin irritation and phototoxicity.
Bellis Perennis	Daisy Flower Extract	This extract has skin lightening properties along with wound healing, antioxidant and anti-inflammatory effects.
Bentonite		A natural clay that has potent chelating abilities and detoxifies skin by binding to heavy metals.
Benzyl Alcohol		A preservative for natural products allowed by global organic standards.
Benzyl Benzoate		A component of many essential oils.
Bisabolol		A potent anti-inflammatory component of chamomile oil, it is calming and reduces inflammation.
Boswellia Carterii	Frankincense Oil	Fragrance ingredient with anti-ageing properties that encourages cell growth and aids in wound healing.
Bromelain	Pineapple Enzyme	A proteolytic enzyme (an enzyme that digests proteins) found in fresh pineapple.
Butyrospermum Parkii	Shea Butter	Skin conditioner with good moisturising properties. It is also used as a thickening agent.
CI 77491		Red Iron Oxide is the super common pigment that gives the familiar, "rust" red color. It is also the one that gives the pink tones in your foundation. Chemically speaking, it is iron III oxide (Fe ₂ O ₃).
CI 77492		Yellow Iron Oxide is the super common inorganic (as in no carbon atom in the molecule) pigment that gives the yellow tones in your foundation. Blended with red and black iron oxides, it is essential in all "flesh-toned" makeup products. Chemically speaking, it is hydrated iron III oxide and depending on the conditions of manufacture, it can range from a light lemon to an orange-yellow shade.
CI 77499		Black Iron Oxide is the super common inorganic (as in no carbon atom in the molecule) pigment that controls the darkness of your foundation or gives the blackness to your mascara. Blended with red and black iron oxides, it is essential in all "flesh-toned" makeup products. Chemically speaking, it is a mixture of iron II and iron III oxide. Btw, this guy, unlike the yellow and red pigments, is magnetic
CI 77891	Titanium Dioxide	It's a white pigment with great color consistency and dispersibility.
Calcium Carbonate		A fine, non-irritating abrasive which improves skin texture.
Calcium Chloride		Micronutrient for the live Lactobacillus bacteria

Calcium Sulfate		Used in the Exclusion mask to allow setting of the mask.
Calodendrum Capense	Yangu Seed Oil	This oil has intrinsic UV light screening properties besides its more general skin moisturising properties and unique fatty acid composition. Central African oil sourced as part of a community empowerment program.
Cananga Odorata	Ylang Ylang Flower Oil	A fragrance ingredient that softens and balances skin.
Caprylic/Capric Triglyceride		Triglycerides form 25% of the oil composition of the stratum corneum. This ingredient slows the loss of water from the skin surface by forming a barrier.
Caprylyl/Capryl Glucoside		A natural surfactant.
Carum Carvi	Caraway Oil	A fragrance with anti-septic and tissue regenerating properties.
Ceratonia Siliqua Extract	Carob Leaf Extract	This is a leaf extract with skin lightening properties.
Cetearyl Alcohol		A natural emulsifier derived from vegetable oils.
Cetearyl Olivete		A natural emulsifier from olive oil.
Cetyl Alcohol		An emollient, emulsifier and thickener obtained from coconut oil.
Chamomilla Recutita	Chamomile Flower Extract	A supercritical CO2 extract with anti-inflammatory, skin-smoothing and conditioning properties. Also called German chamomile.
Charcoal Powder		This ingredient has skin detoxifying properties.
Chlorophyllin (CI 75810)	Chlorophyllin-Copper Complex	A copper derivative of a botanically derived chlorophyllin obtained from green plants. It contains anti-inflammatory and wound healing properties. It is also used as a colourant.
Citral		A component of many essential oils.
Citric Acid		A natural pH adjuster and powerful chelating agent that binds heavy metals.
Citronellol		A component of many essential oils.
Citrullus Lanatus	Kalahari Melon Seed Oil	A nourishing emollient that is high in omega's and restores elasticity. Sourced as part of a community empowerment program.
Citrus Aurantifolia	Lime Oil	A fragrance ingredient used to clear oily congested skin and to help fight cellulite.
Citrus Aurantium	Neroli Flower Oil	A fragrance ingredient with anti-inflammatory and antioxidant properties. Used to repair and rejuvenate skin
Citrus Aurantium Amara	Petitgrain Leaf/Twig Oil	A fragrance ingredient with a toning effect on skin. This oil has anti-acne properties (reduces activity of overactive sebaceous glands).
Citrus Aurantium Dulcis	Orange Peel Oil	A fragrance ingredient that has regenerative properties.
Citrus Grandis	Grapefruit Peel Oil	A fragrance ingredient that reduces oiliness and stimulates lymphatic drainage.

Citrus Limon	Lemon Peel Oil	A fragrance ingredient containing limonene and citral with nourishing and skin purifying properties.
Citrus Reticulata	Naartjie Oil	Fragrance ingredient from South African “naartjies”.
Citrus Tangerina	Tangerine Peel Oil	A fragrance ingredient with re-energising properties. It is beneficial for stretch marks.
Coco-Glucoside		A natural surfactant, conditioner and emulsifier.
Cocos Nucifera	Coconut Oil	Virgin organic oil from coconut milk, it is high in antioxidants.
Coffea Arabica	Coffee Seed	Mild exfoliant that contains high concentrations of caffeine and has potent antioxidant and anti-ageing properties.
Coffea Arabica	Coffee Seed Extract	Contains high concentrations of caffeine and has potent antioxidant and anti-ageing properties.
Commiphora Wildii	Namibian Myrrh Oil	A fragrance ingredient from Commiphora tree sap in the Kunene desert. Sourced as part of a community empowerment program.
Copper Amino Acid Chelate		Provides copper to the enzyme, lysyl oxidase, which is required for the cross-linking of collagen and elastin with copper. It also improves cellular energy production.
Cyclopia Genistoides	Honeybush Leaf Extract	An anti-ageing active that reduces sun damage.
Cymbopogon Martini	Palmarosa Oil	A fragrance ingredient that helps balance sebum production and stimulates cellular regeneration.
Siegesbeckia Orientalis	Darutoside	An active ingredient with regenerating, healing, anti-inflammatory and collagen restoring properties.
Decyl Glucoside		A natural surfactant derived from vegetable oils. Rapidly biodegradable and very mild on the skin. It allows for pH-balanced cleansers that don't interfere with the skin's acid mantle.
Dehydroacetic Acid		A preservative for natural products allowed by global organic standards.
Eriocephalus Punctulatus	Cape Chamomile Oil	Indigenous oil from the Cape Fynbos, which contains azulene and has calming and rejuvenating properties.
Eucalyptus Globulus Leaf Oil	Eucalyptus Leaf Oil	An anti-septic and stimulating essential oil.
Foeniculum Vulgare	Fennel Oil	A fragrance ingredient that is high in trans-anethole and has lymphatic decongesting properties.
Folic Acid		Water-soluble Vitamin B9, which is vital in several body functions but is not stored in the body.
Gamma Decalactone		A natural fragrance ingredient.
Geraniol		A component of many essential oils.
Gluconolactone		Hydrating and moisturising properties
Glucose	Sugar	Micronutrient for the live Lactobacillus bacteria
Glycerin		A vegetable derived humectant, which moisturises by absorbing moisture from the atmosphere and binding it on the skin.
Glyceryl Caprylate		A skin-conditioning emollient with anti-bacterial properties.
Glyceryl Oleate		An emollient and skin-conditioning agent.

Glyceryl Stearate		A natural thickening agent, surfactant and skin-conditioning agent.
Glyceryl Stearate Citrate		An emulsifier and skin-conditioning agent.
Guar Gum		A thickening and water binding gum.
Harpagophytum Procumbens	Devil's Claw Root Extract	A thickening, emollient and skin-conditioning agent that is free of trans fats.
Helianthus Annuus (Sunflower) Seed Cera	Sunflower Seed Wax	A thickening, emollient and skin-conditioning agent.
Helianthus Annuus	Sunflower Seed Oil	Oil containing Vitamin E.
Hexadecenoic Acid	Sapienic Acid	Skin-identical fatty acid that acts as an emollient while supporting the skin microbiome.
Hexenol		A natural fragrance ingredient.
Hordeum Vulgare	Barley Grass Leaf Powder	Used as a colouring agent.
Hydrogenated Lecithin		It's the chemically chopped up version of normal lecithin. Most often it's used to create liposomes and to coat and stabilise other ingredients.
Hydrogenated Vegetable Oil		A thickening, emollient and skin-conditioning agent that is free of trans fats.
Hydroxyethylcellulose		A gel-forming agent derived from plant cellulose.
Inulin		A powerful prebiotic which boosts the growth of beneficial organisms without stimulating the growth of harmful micro-organisms. It is extracted from the blue Agave plant.
Isoamyl Laurate		A natural texture enhancing oil with skin-softening and emollient properties.
Isostearic Acid		A liquid fatty acid created from oleic acid. Great for the stabilization of pigments and mineral particles in oils.
Juniperus Communis	Juniper Berry Oil	A fragrance ingredient with detoxifying and healing properties.
Kaolin		White clay that absorbs excess oils and toxins without stripping the skin.
Kigelia Africana	Sausage Tree Fruit Extract	Has anti-ageing, skin firming and tightening properties; it assists in pigmentation redistribution and is effective in treatment against melanoma (pigment producing cancerous cells).
Lactic Acid		Produced by Lactobacillus probiotics, it is a type of α -hydroxy acid, which induces exfoliation, stimulates ceramide production, hydrates skin and improves hyperpigmentation. Lactic acid makes up more than 1% of sweat.
Lactobacillus		A culture of probiotic bacteria that has been shown to shift the skin microbiome. This probiotic is effective as a moisturising, anti-inflammatory and anti-ageing agent. It has been shown to improve skin firmness by an average of 16% in 28 days with 100% of the treated women showing a significant improvement. Can be used in the prevention and treatment of many skin

		disorders.
Lactobacillus Ferment		A lysed Lactobacillus filtrate with a broad spectrum of anti-bacterial properties with a high concentration of anti-microbial peptides (bacteriocins). Has skin-conditioning properties and selects for beneficial bacteria.
Lauryl Glucoside		A natural surfactant derived from vegetable oils. Rapidly biodegradable and very mild on the skin, it allows for pH-balanced cleansers that don't interfere with the skin's acid mantle.
Lavandula Angustifolia	Lavender Oil	A fragrance ingredient with anti-septic, anti-inflammatory, and healing properties.
Lecithin		Soy-based emulsifier high in phospholipids.
Levulinic Acid		A fragrance ingredient with anti-microbial properties.
Lilium Candidum	Madonna Lily Flower Extract	This extract has skin-conditioning and skin lightening properties. Reduces the transfer of melanin to skin cells, which reduces dark spots.
Limonene		A component of many essential oils.
Linalool		A component of many essential oils.
Linum Usitatissimum	Flax Seed Oil	An excellent source of omega 3 oils.
Macadamia Ternifolia	Macadamia Seed Oil	An easily absorbed oil, high in Vitamin E and Palmitoleic acid.
Magnesium Amino Acid Chelate		Chelation allows for easier absorption of magnesium into the skin. Magnesium is a key component for more than 300 metabolic reactions, most importantly for energy production and cell membrane structure.
Maltodextrin		A binding agent used for increased stabilisation of powder extracts.
Manganese Sulfate		Micronutrient for the live Lactobacillus bacteria.
Melaleuca Alternifolia	Tea Tree Leaf Oil	A fragrance ingredient that has anti-bacterial properties.
Melissa Officinalis	Lemon Balm Leaf Oil	A fragrance ingredient with anti-septic, anti-bacterial and anti-fungal properties. It is recommended for the treatment of oily skin and acne.
Mentha Piperita	Peppermint Leaf Oil	A fragrance ingredient used to cleanse and decongest.
Mentha Viridis	Spearmint Leaf Oil	A fragrance ingredient recommended for the treatment of acne and dermatitis. Also used as a decongestant.
Menthol		A fragrance ingredient that provides a cooling and soothing sensation. It also has anti-bacterial properties.
Myrothamnus Flabellifolia Extract	Resurrection Bush Extract	A powerful water-soluble antioxidant with anti-ageing and hydrating properties. Sourced as part of a community empowerment program.
Niacinamide	Vitamin B3	Also known as Vitamin B3, this is an anti-ageing ingredient with antioxidant and UV/infrared protecting properties. It used to boost the skin lightening effect of other ingredients.
Olea Europaea	Olive Leaf Extract	Used to increase skin elasticity, hydration and photo protection; as well as reduce the appearance of fine

		lines and wrinkles.
Palmitic Acid		A fatty acid that can be found naturally in the skin. In fact, it's the most common saturated fatty acid found in animals and plants. Acts as an emulsifier.
Panthenol	Vitamin B5	Pro-vitamin B5 which penetrates the skin and improves barrier function, reduces inflammation and promotes wound healing.
Papain	Papaya Enzyme	A protein-degrading enzyme used as an exfoliant to remove dead skin cells (breaks cysteine peptide bonds and desmosome linkages that hold cells together in thickened skin).
Paullinia Cupana	Guarana Seed Extract	Contains caffeine which stimulates lipolysis (fat breakdown to release stored energy).
Pelargonium Graveolens	Rose Geranium Oil	A fragrance ingredient with anti-bacterial, antiseptic and anti-inflammatory properties. Helps balance sebum production.
Pfaffia Paniculata	Brazilian Ginseng Root Extract	It has antioxidant and anti-inflammatory properties. Reduces dark circles under the eyes.
Phenylethyl Resorcinol		A lightening and brightening skincare ingredient.
Pogostemon Cablin	Patchouli Oil	A fragrance ingredient with aroma-therapeutic properties.
Polyglyceryl-2 Dipolyhydroxystearate		A skin-conditioning agent - occlusive
Polyglyceryl-3 Diisostearate		A skin-conditioning agent - emollient, surfactant - emulsifying agent, and emulsifying
Polyglyceryl-3 Polyricinoleate		A plant based ingredient that helps water to mix with oil (aka W/O emulsifier). It's especially good for soft to low-viscosity water-in-oil emulsions with non-greasy, pleasant skin feel.
Polyglyceryl-4 Caprate		Ultra-mild surfactant
Polyglyceryl-6 Caprylate		Ultra-mild surfactant
Polyhydroxystearic Acid		A dispersant or dispersing agent that's used in inorganic (titanium dioxide/zinc oxide based) sunscreens or in make-up products to help to distribute the pigments nicely and evenly on the skin. Increases the UV absorption of the sunscreen formula's as well as to reduce the annoying white cast left behind by inorganic sunscreens
Polymnia Sonchifolia Root Extract	Yacon Root Extract	A prebiotic ingredient with moisturising properties that favours the growth of beneficial bacteria over pathogens.
Propanediol		Sustainably sourced natural solvent used in plant extractions. Also used to enhance the absorption of other ingredients into the skin.
Prunus Armeniaca	Apricot Kernel Oil	Rich in unsaturated fatty Acids, Vitamin A and Vitamin E; it is an emollient and has nourishing properties.
Ptychopetalum Olacoides	Marapuama/Muirá Puama Bark/Stem	Bark/Stem Extract - A wrinkle-reducing active with skin lightening and brightening effects. Reduces age spots.

	Extract	
Rhus Succedanea Fruit Cera		Emollient, viscosity controlling
Rhus Verniciflua Peel Cera		Emollient, viscosity controlling
Rosa Damascena	Rose Flower Water	Has mildly astringent properties. It also has anti-acne properties. Used for softening, hydrating and strengthening skin
Rosa Rubiginosa	Rosehip Oil	Contains essential fatty acids (integral in cell membrane structure). Improves skin elasticity, and aids repair.
Rosmarinus Officinalis	Rosemary Leaf Oil	A fragrance ingredient with anti-bacterial and anti-fungal properties.
Salicylic Acid		This is a β - hydroxy acid and has potent anti-acne properties. It is also used as an exfoliant due to its keratolytic activity.
Salix Alba (Willow) Bark Extract	Willow Bark Extract	A natural exfoliant that gently loosens dead skin cells and has naturally high concentrations of salicylic acid.
Salvia Triloba	Sage Extract	A fragrance ingredient with anti-ageing, anti-inflammatory and anti-acne properties.
Schinziophyton Rautanenii	Manketti Seed Oil	Has hydrating, nourishing regenerating and restructuring properties as well as improving UV protection for hair and skin. Sourced as part of a community empowerment program.
Sclerocarya Birrea	Marula Seed Oil	High in antioxidants with hydrating and nourishing properties. Used as an emollient. Sourced as part of a community empowerment program.
Selenium Amino Acid Chelate		Very strong antioxidant which reduces ageing (prevents wrinkles by neutralising free radicals). It also prevents the breakdown of collagen due to its UV repairing and anti-inflammatory properties.
Sesamum Indicum	Sesame Seed Oil	A vegetable oil high in antioxidants used to improve skin elasticity and prevent dehydration of the skin.
Shorea Robusta Resin	Sal Tree	Emollient, viscosity controlling
Simmondsia Chinensis	Jojoba Seed Oil	A liquid wax that is easily absorbed. It has anti-inflammatory and anti-acne properties. Improves skin elasticity.
Sodium Anisate		A natural fragrance with anti-microbial properties.
Sodium Benzoate		A food grade preservative.
Sodium Bicarbonate		Use to buffer pH.
Sodium Chloride		Micronutrient for the live Lactobacillus bacteria
Sodium Citrate		A natural preservative and pH-adjusting additive.
Sodium Cocoyl Glutamate		A surfactant or foaming agent derived from vegetable oils. Used to soften water.
Sodium Hyaluronate	Hyaluronic Acid	Sodium salt of Low Molecular Mass Hyaluronic Acid (between 60 and 80 kDa). A potent humectant (moisture retaining agent) and key skincare active that has proven anti-wrinkle efficacy. Maintains an open structure in the epidermis to allow nutrients to access skin cells. Non-GMO bacterial source.

Sodium Levulinate		A fragrance ingredient with skin-conditioning properties.
Sodium Phytate		A natural chelating agent used to bind metal ions.
Sodium Stearoyl Lactylate		An emulsifier derived from coconut oil and bacterial lactic acid.
Sorbitan Olivat		A natural emulsifier from olive oil.
Spirulina Platensis Extract	Spirulina Extract	Blue-green algae with anti-acne and anti-inflammatory properties (high EFA content). Contains Vitamin B1, 2, 6 and 9, chlorophyll and beta-carotene.
Squalane		A non-clogging oil similar to squalene that is present at high levels in sebum. Used to improve the skin's barrier.
Stearic Acid		Fatty acid that is used to improve the texture and viscosity of emulsions.
Sucrose		Finely sieved sugar granules exfoliate without damaging the skin, sharp edges are rounded on contact with water.
Sucrose Stearate		Used as a surfactant and emulsifying agent. It can also act as an emollient and improve the texture of skin.
Tetrasodium Pyrophosphate		Buffering or chelating agent. Used in the Exclusion mask to allow setting of the mask.
Theobroma Cacao	Cocoa Powder*	Contains high quality antioxidants to delay signs of ageing, activates fat-burn and has a psychologically stimulating effect. It has high concentrations of theobromine.
Titanium Dioxide		Mainly used to provide mineral-based coverage in foundation. It has the greatest covering and tinting power of any white pigment and occurs naturally in three different crystal forms. This powder could also provide some small particle exfoliation in certain products.
Tocopherol		Mixed tocopherols from vegetable sources, which supply balanced Vitamin E to skin cells. Potent antioxidant that destroys free radicals.
Tocopheryl Acetate		Derivative of Tocopherol (stable form of Vitamin E) that can be used as an antioxidant, anti-inflammatory, anti-ageing and moisturising agent. It also has SPF abilities.
Triticum Vulgare Kernel Flour	Wheat Kernel Flour	A gentle exfoliant that smoothes and polishes skin. *Contains Gluten
Vanilla Planifolia Oil	Vanilla Oil	A fragrance ingredient from vanilla orchids grown in Madagascar.
Vanilla Planifolia Seed Extract	Vanilla Seed Extract	A fragrance ingredient extracted from vanilla beans harvested in Madagascar.
Vanillin	Vanillin	A natural fragrance ingredient.
Vetiveria Zizanioides	Vetiver Root Oil	A fragrance ingredient with moisturising and mildly astringent properties.
Vitis Vinifera	Grape Seed Extract	A potent antioxidant which helps maintain skin elasticity by boosting collagen and elastin production.
Xanthan Gum		Polysaccharide produced from the fermentation of glucose by Xanthomonas bacteria. It is used as a thickening agent.

Ximenia Americana	Mumpeke Seed Oil	A wild-harvested oil from Namibia that contains Ximenynic Acid that can polymerise to form a protective layer on skin. Also contains more than 30% very long chain fatty acids that are similar to sebum fatty acids.
Yeast Extract		Micronutrient for the live Lactobacillus bacteria
Zea Mays	Corn Seed Flour	Corn Seed Flour (Zea Mays) – Used as an exfoliant, absorbent, and skin conditioner.
Zea Mays	Corn Starch	A mattifying abrasive agent.
Zinc Amino Acid Chelate		Allows Zinc to be easily absorbed by the skin. It has astringent, antioxidant and anti-acne properties. Used to improve enzyme function and the resistance of cell membranes to oxidative damage.
Zinc Oxide		Zinc Oxide is pretty much in a league of its own. It's a physical (or inorganic) sunscreen
Zinc Sulfate		Antimicrobial, emulsion stabilising

Esse is committed to maintaining the accuracy of the ingredient listing of our products. However, because ingredients are subject to change, please refer to our website or product packaging for the most recent ingredient listing.

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