

**Cool Aloe Mist™**  
with Lavender and Bergamot



4 oz. cobalt blue apothecary bottle with fine mist sprayer

**INSPIRATION:** Growing up in Texas, aloe vera plants were everywhere: in the yards of our neighborhood, in the kitchens of aunts, neighbors, and grandmothers. In high school, a very “popular”, beautiful girl, who suffered from bouts of eczema on her delicate hands and fingers, brought the plant in a baggie to school and from time to time, would snap off a piece and apply it directly to the affected areas on her hands. It was then that I connected the plants in the kitchens of my childhood with the powerfully potent gel that the girl used to heal her hands (and they would heal!). So I looked into it and I discovered that Aloe Vera has a very mysterious composition, similar to seawater and is scientifically known to draw oxygen to the skin. No wonder this plant is found in dry desolate areas. Nature has provided her healing waters right there in the desert, in the form of Aloe Vera. My aloe vera preparation is Cool Aloe Mist and I offer it in its most natural state and in a formulation suitable for all skin types. It is appropriate for use on young children as well the elderly, who often have paper thin skin tissue and for those whose skin has been burned or inflamed either from sun exposure or exposure to radiation, such as in medical treatments or laser surgery.

**INGREDIENTS:** aloe vera juice powder, witch hazel, lavender, and bergamot essential oils

Aloe Vera	A natural oxygenator, drawing and holding oxygen to the skin; it has the same PH as the skin and a composition similar to plasma and seawater. A plant found in the Southwest USA, it is harvested and extracted for use in skincare - for its powerfully healing, soothing, and relieving properties for skin irritations. Aloe is used to treat everything from severe medical skin conditions such as eczema to simply refreshing tired, hot or stressed skin. <i>*Be advised, there are individuals who have reactions to aloe.</i>
Witch Hazel	As a skin tonic, Witch Hazel tightens loose tissue and is an effective astringent and toning agent, especially for skin that is beginning to slack. An excellent cleansing agent for hands, face, and feet. Overall, Farmaesthetics thinks witch hazel is one of nature’s most useful herbs and it is the perfect base for many of its skincare preparations.
Lavender Essential Oil	Lavender is the herb Farmaesthetics uses most in its skincare preparations, as it is the most versatile, with uses ranging from decongestant to sedative. This versatility is due to the complexity of the herb’s chemistry and its numerous active constituents. It is best summed up, as a calming, soothing and above all balancing herb, (that smells wonderful!). It stimulates and rejuvenates the skin and restores the skin’s natural balance in oil production. It also stimulates sore, exhausted muscles and soothes the nerves, while acting as an aromatic astringent.
Bergamot Essential Oil	An oil derived from the fruit of the Bergamot Tree, Bergamot essential oil has been used for centuries to treat depression and anxiety. It will stimulate a depressed nervous system, making it a perfect pick- me- up when feeling worn or wilted. Its delicious fragrance has made it an important part of perfume and skincare formulation for centuries. It is great for oily skin, or skin that is sweaty or inflamed. One of its less known attributes, is its ability to repel insects ... making this the perfect scent on a warm summer night. <i>*Note that Bergamot increases one’s sensitivity to light... use a spritz of bergamot, après sun, not during or before.</i>

**APPLICATIONS AND BENEFITS:**

- **Tone and Refresh.** Effective Re-Hydration for use all over the face and body, and at any time to simply refresh and relax, as the lavender is settling to the nerves as well as the skin.
  - **Travel Mist:** Lavender (antiseptic decongestant) and bergamot, (which is very uplifting, as well as antiseptic) helps disinfect the air around one's sitting area and sanitize the hands. This helps you shield yourself from the onset of travel related flus, colds, sinus infections, and coughs ... not to mention the added moisture aloe vera provides the skin in a stale, re-circulated air environment.
  - **Sets Makeup**
  - **Skin Conditioning Complexion Spray:** Relieves inflammation and discomfort inherent in sunburn, laser surgery, overexposure to the elements, acne skin flare-ups, and even regulates oily and dry patchiness
  - **Sunburn Remedy:** Lavender takes down the inflammation, aloe vera reduces the dehydration, while bergamot disinfects and provides a "cooling down" effect.
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