

## ReDermaVive Quiet Spirit Calming Body Butter

ReDermaVive Quiet Spirit Calming Body Butter is made from Chinese herbs that are well known for calming the heart, coursing the liver (reducing stress, tension, and anxiety), quieting the spirit, and resolving depression.

This rich emollient body butter borrows the herbal formula used in Blue Poppy's popular Spirit-Quieting Massage Oil. The herbal formula helps to clear the mind and ease tension. It also supports the heart's naturally calm state. As a massage oil and body butter, the focus of this formula is on relaxing the body and reducing the stress, tension and anxiety.



The botanical oils in this formula aid in producing clarity and relaxation. Some of the oils provide a physically pleasant tactile experience. Other oils carry the beneficial ingredients into the deeper tissues and the blood stream.

Like its massage oil counterpart, this body butter is based on a quiet and uplifting orange aroma. Bergamot helps to lift the subtle orange scent up through the wax and heavier oils, while at the same time, providing a calm upliftment. Ho wood has nearly as much of the active compound found in lavender essential oil, thereby helping to impart the same deep relaxation recognized in lavender. Jatamansi is Indian valerian and is immensely powerful at imparting relaxation, as well as being valuable for its skin-supporting actions. All the essential oils are primarily working to impart their relaxing and tension-reducing qualities, while also being beneficial for the skin.

Self-oilation is an effective method for easing states of chaotic qi. This pleasant citrus aroma body butter helps to “move and harmonize the liver qi.” It calms and stabilizes the qi overall, while uplifting the mood and quieting the spirit.

**Suitable for:** Great for all skin types. Non-toxic. The pure ingredients in this body butter give it a pleasant, natural aroma.

**Directions:** Smooth generously over the body and into skin to soothe and hydrate dry skin and prevent moisture loss. Reapply as needed.

## Full Ingredients & Benefits:

### CHINESE MEDICINE HERBAL FORMULA

- **Bai He** (*Bulbus Lilii*) - nourishes and enriches the heart, clears heat from the heart, quiets the spirit
- **Gan Song** (*Rhizoma Nardostachytis*) - rectifies the qi, sedative and anodyne effects
- **He Huan Hua** (*Flos Albiziae*) - courses the liver, quickens the blood, quiets the spirit
- **Shi Chang Pu** (*Rhizoma Acori Tatarinowii*) - opens the orifices, quiets the spirit, clears brain fog
- **Yuan Zhi** (*Radix Polygalae*) - opens the orifices, opens the heart, quiets the spirit, clears brain fog

### BOTANICAL OILS & WAXES

- **Avocado oil** (*Persea americana*) - rich in vitamins; moisturizes and softens the skin; smooths the look of wrinkles; tightens the skin; diminishes appearance of scars, age spots, and blemishes; relieves dry, rough, aging, sensitive, or irritated skin; boosts circulation
- **Fractionated coconut oil** (*Caprylic/Capric Triglyceride (MCT)*) - helps keep skin soft and nourished; provides a soothing barrier without clogging pores. Unlike virgin coconut oil, fractionated coconut oil won't clog pores, because it has the comedogenic long chain fatty acids removed and is in a liquid form.
- **Grapefruit seed oil** (*Citrus paradisi*) - a light oil; anti-inflammatory to reduce redness; soothing effect on the skin to alleviate irritation; antibacterial and antiviral to prevent blemishes; moisturizing; contains antioxidants that fight free radicals to slow the aging process; encourages tighter and smoother skin
- **Grapeseed oil** (*Vitis vinifera*) - absorbs easily into the skin to deliver intense moisture without leaving oily residue or clogging pores; ideal for oily, sensitive, and mature skin types; antiseptic and astringent properties to help repair the skin;

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rich in compounds that restore collagen; slows the look of aging by smoothing and firming the skin, adding protection against sun damage, and reducing the appearance of wrinkles and stretch marks; tones the skin while balancing oil production to reduce future breakouts.

- **Watermelon seed oil** (*Citrullus vulgaris*) - ideal moisturizer for both oil and dry skin; powerful antioxidant properties to prevent the skin from free radicals; detoxifies the skin and reduces inflammation; helps soothe liver tension
- **Beeswax** (*Cera alba*) - creates a barrier on skin that hydrates, conditions, soothes, and calms; has exfoliating and reparative properties that help promote skin regeneration to diminish the appearance of aging, wrinkles, and skin damage; promotes growth of newer skin; improves complexion; antiviral to prevent bacteria; reduces irritation and redness; promotes healing; adds natural radiance to skin; contains antioxidant; anti-inflammatory to help with eczema and rosacea
- **Cupuaçu butter** (*Theobroma grandiflorum*) - high capacity for water absorption; excellent emollient properties; promotes elasticity of the skin; highly moisturizing; reduces appearance of wrinkles and drying of skin; reduces degeneration of skin cells; restores skin flexibility
- **Jojoba butter** (*Simmondsia chinensis*) - rich, luxurious, and easy to spread; softens and moisturizes; soothes and restores elasticity to dry skin; anti-inflammatory; antioxidant; does not clog pores
- **Mango butter** (*Mangifera indica*) - smooths, soothes, and firms the skin; increases elasticity and suppleness of skin; provides long lasting emollience and nourishment; facilitates the process of removing toxins, dirt, pollution, and other impurities from skin.
- **Rosemary Seed Extract** (*Rosmarinus officinalis*) - used as for its antioxidant properties and its ability to extend shelf-life by keeping the oils fresh and stable

## ESSENTIAL OILS

- **Sweet Orange** (*Citrus sinensis*) - an uplifting fragrance that moves and harmonizes the qi; brightens and evens pigmentation of skin; soothes and polishes the skin; balances oil; antioxidant; anti-inflammatory
- **Geranium** (*Pelargonium x hortorum*) - clears skin by balancing serum production; evens skin tone; tightens skin and slows premature aging; kills bacteria; promotes regeneration of new skin cells to diminish signs of aging
- **Ho Wood** (*Cinnamomum camphora var linalool*) - contains high amount of linalool which helps calm, relax, and soothe anxiety; promotes feelings of relaxation and peace; leaves a pleasant cooling effect on skin; soothes the skin; soft woody aroma with a hint of floral.
- **Bergamot** (*Citrus bergamia*) - Antibacterial and antibiotic properties fight infections; inhibits growth of bacteria; alleviates pain; relieves stress; promotes feelings of cheerfulness and energy; natural mood booster; packed with antioxidants to reduce free radicals; heals acne scars, blemishes, and pigmentation to even out the complexion; its antibacterial properties are especially good for oily skin to help unclog pores and balance sebum
- **Jatamansi** - *Nardostachys jatamansi* - improves complexion and luster of skin giving a youthful appearance; relieves itching; purifies the blood; reduces redness; antioxidant; stimulates fibroblasts which produces collagen and elastin to reduces appearance of fine lines and wrinkles