

infusing aromatic news to your daily life

THE GRANDEUR NEWS

THE NATURALIST GRANDEUR
8 Raffles Avenue
#02-09 Esplanade Mall
Singapore 039802
TELEPHONE
(65) 6339 9981
FACSIMILE
(65) 6339 4881

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Anthemis nobilis

THE BOTANICAL NAME of *Anthemis* is derived from the Greek word *anthos* which means a flower. The plant's specific name of *nobilis* means noble or noted, referring to its healing virtues. Commonly also known as Roman Chamomile, it is a low perennial plant found in Europe and North America with daisy-like white flowers.

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ACO & USDA
Certified Organic
Roman Chamomile
cultivated from England

NEWS SPOTLIGHT

BUTTERS & WAXES

To have natural butters and waxes in your products are essential in enhancing skin nutrition and moisturisation. Butters and waxes belong to the broader category of ingredients, 'oils'. However, they are quite different in chemical composition.

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AROMATHERAPY & YOUR SPORTING REGIME

Have you ever experienced sore muscles or stiffness as a result of undertaking some form of exercise? You may be interested to know that aromatherapy can provide some relief and also improve your sporting achievements.

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NATURAL ALTERNATIVE TO SURGERIES & TOXIC INJECTIONS

Henry Tianus Advanced Natural Cosmeceuticals is specially formulated as the natural alternative to surgeries and toxic injections by encouraging skin to recreate its youthful appearance.

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Fields of Roman Chamomile flowers



Shea nut and Shea nut butter



Massage oil for pain relief



Henry Tianus Advanced Natural Cosmeceuticals



Anthemis nobilis also known as Roman Chamomile



Roman Chamomile

Anthemis nobilis

ROMAN CHAMOMILE IS a pleasant smelling perennial with feathery fern-like leaves and branched stems of a creeping habit with daisy-like flowers.

Its common name is derived from the Greek word *chamaimelon* - *chamai* meaning on the ground and *melon* an apple, referring to its distinctive apple like smell when fresh.

HISTORICAL & TRADITIONAL USES

Chamomile has long been known for its therapeutic properties. Decoctions of the whole herb have been taken or applied throughout Europe for the relief of complaints such as pain of the belly, inflammation of bowels etc.

Chamomile tea is an old fashioned but extremely effective remedy for hysterical and nervous afflictions in women.

It is also recommended as a tonic in dropsical complaints for their diuretic and tonic properties. The flowers may be used in a poultice and fomentation for external swelling, inflammatory pain or congested neuralgia.

CULTIVATION AND HARVEST

Roman chamomile is a native of Western Europe and is now cultivated in England, Belgium, France and Hungary.

PHARMACOLOGY AND CLINICAL STUDIES

Roman chamomile has been identified as having sedative and anti-inflammatory properties due to the angelic esters that are found present in the oil distilled from the flowers.

METHOD OF EXTRACTION

Roman chamomile essential oil is steam distilled from the flowering top of *Anthemis nobilis*.

ESSENTIAL OIL CHARACTERISTICS

Roman chamomile essential oil is a pale-yellow-coloured, mobile liquid with a sweet herbaceous, fruity-warm and tea leaf like odour.

INDICATIONS

Children's Remedy

Roman chamomile is considered as one of the gentlest essential oils and is particularly beneficial to assist in the relaxation and pain relief for children.

Digestive System

Roman chamomile is used to assist the relief of colic, diarrhoea, poor appetite and indigestion.

Roman Chamomile is harmonising, peaceful and soothing, making it a wonderful essential oil to be used to relieve nervous tension, insomnia & migraines

Nervous System

The sweet scent of Roman chamomile essential oil is both soothing and calming. It is beneficial for alleviating anxiety and stress. It is also extremely useful to alleviate migraines, headaches and particularly for insomnia.

Skin Care

Roman chamomile essential oil is also beneficial for people who has sensitive, red or dry, inflamed skin.

OUR ROMAN CHAMOMILE OIL

Our Roman Chamomile Essential Oil is cultivated and distilled in England. It is USDA Certified Organic and ACO Certified Organic.

We have wonderfully combined our Roman Chamomile Essential Oil with Lavender Provence, Rose Geranium and Vetiver to present one of our signatures known as the Roman Chamomile blend for people who have insomnia.

The products include the following:

- Pure Roman Chamomile Essential Oil (Certified Organic by ACO & USDA)
- Roman Chamomile Essential Oil Blend
- Roman Chamomile Blend Soothing Body Silk
- Rose Chamomile Blend Roll-on

Please feel free to contact us for more details.



Roman Chamomile flowers ready for distillation



Luxury of natural butters & waxes

HERE WE WILL REVIEW SOME OF THE MORE POPULAR BUTTERS & WAXES UTILISED IN NATURAL & ORGANIC COSMETICS

THE INCLUSION OF natural butters and waxes in your skin, body & hair care products to greatly enhance the skin nutrition and moisturisation. Quite different in chemical composition and obtained via varying methods of extraction as compared to their cousins 'oils'.

NATURAL BUTTERS

Natural butters are organic compounds containing carbon, hydrogen and oxygen that are sourced from various locations around the world.

Derived from nuts, seeds and fruit kernels, natural butters are rich in nutrients and are used in many natural and organic cosmetic applications such as balms, creams, shampoos or soaps. They are solid at room temperature and are highly stable against oxidation.

Although all natural butters have high triglyceride contents, each unique fatty acid profile determines their distinctive qualities and profiles.

Cocoa Butter

Cocoa butter, *Theobroma cacao*, comes from the Cacao tree which produces fruit throughout the entire year hence allowing the continual harvest of cocoa butter.

Beans sourced from the fruit are first fermented, sun-dried, roasted and shelled to remove the cacao kernel which is then pressed to produce cocoa liquor. It is then processed further to extract the cocoa butter and leave cocoa solids which are used to

produce another product known as cocoa powder.

Cocoa butter is high in Oleic acid and Stearic acid which offer excellent moisturising, emollient and thickening properties.

Shea Nut Butter

Shea nut butter or known as Shea butter, *Butyrospermum parkii*, is sourced from the nut of the native African tree.

Not only that it contains high levels of Oleic acid and Stearic acid, it is also rich in vitamins A and E. Therefore, offering exceptional moisturising and protective properties along with anti-inflammatory benefits. It penetrates the skin easily and results in a softer, plumper texture. The phenolic compounds found in shea nut butter provide anti-aging benefits and the phytosterol, triterpene and cinnamic acid offer natural sun protection.

Shea nut butter is produced by hand-collecting the nuts, dried, roasted and pressed using traditional methods.

Mango Butter

Mango butter, *Mangifera indica*, is produced by expeller pressing the kernel of the mango fruit seed to obtain the soft semi solid butter.

Mango butter contains high levels of Oleic acid and Stearic acid similar to both cocoa and shea butters. It also contains phytosterols and triterpenes which give mild sun protection properties.

It is a great butter to soften and soothe the skin.

NATURAL WAXES

Waxes have been used in cosmetics for hundreds of years. In fact, ancient Egyptians utilised beeswax in early makeup and haircare as they discovered it offered protective, softening and humectant properties.

Beeswax

The building of waxy honeycomb is undertaken by bees during their honey production cycle. Beeswax is extracted from the comb after the honey has been processed.

The main constituents of beeswax are Palmitic acid and Cerotic acid. When added to a cosmetic product, not only does it thicken the product, it also enhanced the moisturising properties of the product.

Carnauba Wax

Carnauba is derived from a palm-like tree known as *Copernicia Cerifera*. Due to its significant gloss and skin softening properties, it is ideal for lipsticks and other lip care formulations.

In conclusion, natural butters and waxes contribute valuable nutrients to cosmetic products. At The Naturalist Grandeur, all our products are free from mineral oils, petroleum oils or silicones. Instead, we choose products that use natural butters, waxes and oils as hydrating agents.



Aromatherapy & your sporting regime

Have you ever experienced sore muscles or stiffness as a result of undertaking some form of exercise? And if that is something that you would like to avoid or minimise the next time you are doing an exercise, you may be interested to know that aromatherapy can provide some relief and also improve your sporting achievements as we share with you some tips to minimise your aches and pains.

WHETHER YOU ARE playing a team sport, getting ready to hit the gym for a session with your personal trainer or bending and stretching in a group yoga class, you can enhance your performance with aromatherapy on both a mental and a physical level before you even begin. Here are some quick and easy ways to enhance your sporting lifestyle.

PRE-WORKOUT

To enhance your physical preparation, a simple pre-workout leg rub can be used by incorporating an aromatherapy massage oil to improve circulation and “wake up” the muscles to minimise risk of strain or injury.

You can try out a “stimulating” massage oil blend by using a carrier oil such as grapeseed oil and mix together with essential oils of certified organic eucalyptus blue mallee, rosemary and lavender latifolia.

DURING WORKOUT

To put you in the right frame of mind and to boost your levels of motivation while doing your exercise, inhaling the aroma from a few drops of an essential oil blend on a cotton pad or sweat band around your wrist can provide focus and inspiration to get your body moving.

A “motivating” blend that you can try out is a blend of essential oils of rosemary, lemon and peppermint premium.

POST-WORKOUT

Once you have completed your workout, it is very important that you allow your muscles to warm down correctly. The natural lactic acid build up in the muscles is eliminated over time but a gentle massage can encourage a faster recovery and hence assist the elimination process.

After a high intensity sports, muscular cramps can be a debilitating side-effect. A professional massage treatment is best. However, if that is not possible, a “post workout” massage oil blend can be used to alleviate minor discomfort. A massage oil blend consisting of grapeseed oil as a carrier oil blended with essential oils of juniperberry, grapefruit white, lavender latifolia and lemongrass can be used.

Besides relieving some minor discomfort, the massage oil does have detoxification properties.

As for muscles cramps, a massage oil blend of grapeseed oil as a carrier together with essential oils of peppermint premium, lavender mont blanc, lavender latifolia and cajeput can be used as the blend has both analgesic and antispasmodic properties.

Alternatively, you may also prepare a relaxation bath for a after sport aromatherapy treatment. Essential oils not only smell great and at the same time, your body will appreciate the natural physical benefits they provide.

Above are just some of the blends which we have suggested. At The Naturalist Grandeur, we recommend and customise for our customers any massage oils or essential oil blends that they would like for any therapeutic benefits. Please do not hesitate to approach any one of us for further details.



Enhancing your sporting regime with aromatherapy

Tip : Always keep a pre-prepared bottle of massage oil in your gym bag for immediate application after your exercise session.





BioCollagen non-surgical Facelift

Henry Tianus Advanced Natural Cosmeceuticals - Facelift in a Jar



NEW

Whitening Expert Youthful Essence

HENRY TIANUS

ADVANCED NATURAL COSMECEUTICALS

COMBINING BIO-SCIENCE and nature, using the highest and purest grade of natural, organic botanical extracts and cosmeceuticals ingredients, these products are specially formulated as the natural alternative to surgeries and toxic injections. We are proud to announce our collaboration with Henry Tianus to stock their lovely products in our store.

Formulated and made in England, Henry Tianus products are power-packed with natural antioxidants, vitamins, polyphenols, proanthocyanidins, bioflavonoids together with BioCollagen Complex, Peptides Complex and hyaluronic acid to assist the skin to perform its natural functions of revitalisation, nutrition, hydration, oxygenation and protection. Thus, encouraging the skin to recreate its youthful appearance so as to achieve smoother, firmer and a even more glowing complexion.

Healthy skin is the key to a youthful, ageless look. Hence, all the products are formulated and been thoroughly tested to ensure that they are safe and beneficial to the skin. They are free from parabens, glycols, synthetic colours, synthetic fragrances, silicones, SLS, harsh detergents,

mineral oils, petrochemical derivatives and animal testing.

One of their award winning product is the **Antioxidant Youthful Essence**. This light-weight serum protects and renew the skin using a combination of revolutionary antioxidants to neutralise free radicals, stimulate collagen production and minimise the appearance of lines and wrinkles. It is formulated with a stabilised Vitamin C, Hexapeptide-11, Vitamins B5, A and E, organic botanical extracts and Hyaluronic acid to provide the skin with a visibly younger and firmer skin with a glowing healthy complexion.

A newly developed product, the **Whitening Expert Youthful Essence**, is a noble whitening formula developed using Alpha-arbutin (a patented whitening ingredient), Vitamin B3, stabilised Vitamin C, Hexapeptide-11 and other brightening botanical extracts, this serum is completely free from hydroquinone, non greasy and absorbed quickly so as to assist to safely lighten the skin, effectively reduce the appearance of dark, brown ageing spots, even out complexion, neutralise free radicals, stimulate collagen production and minimise the appearance of wrinkles thus

Natural alternative to surgeries & toxic injections

Formulated using highest & purest grade of natural, organic botanical extracts & cosmeceuticals

Free from parabens, glycols, synthetic colours/ fragrances, silicones, SLS, mineral oils, petrochemical derivatives & animal testing

achieving a visibly younger and firmer skin with improved skin clarity. A one-month study on 80 women demonstrated a significant result in skin lightening effect.

For uneven and dull complexion, the **Overnight Skin Perfector** is a wonderful night time intensive repair serum with multifruit acid (lemon & lime) to stimulate skin renewal and improve the overall skin texture. Enhanced with Hexapeptide-11 and Hyaluronic acid to reduce appearance of fine lines and firm up the skin, this effective weapon is the secret of beauty sleep.

A soothing eye gel containing organic aloe vera, organic rosehip and multivitamins (A, B5, C & E) as well as Hexapeptide-11, the **Flower Essence Eye Gel** is formulated to nourish, strengthen, de-stress, lighten dark circles, reduce puffiness and minimise fine lines.

Recently awarded with Natural Health Best Buy 2011 award, the **BioCollagen Ageless Eye Cream** is the answer to natural alternative to surgeries and toxic injections as it provides you with the daily-doses of eye lift in the privacy of your home at your preferred time. This ultra anti-ageing eye cream gently firms up the skin around the eyes by stimulating collagen and elastin production using Hexapeptide-11, BioCollagen Complex (derived from Yeast extract), Hyaluronic acid, stabilised Vitamin C, Vitamin A, Vitamin E, pro-Vitamin B5, Resveratrol and antioxidant rich botanical extracts such as Pomegranate, Bilberry, Rosehip, Argan, Ginseng & Centella.

As for those with oily, acne prone skin, Henry Tianus has the solution for you too. Formulated with Vitamin B3, organic aloe vera, witch hazel, peppermint, tea tree and lavender, the non-drying **Soothing Blemish Gel** soothes and reduce inflammation and redness and it greatly assist to speed up the healing process of



Secret of Beauty Sleep - Overnight Skin Perfector



Flower Essence Eye Gel - Winner of Natural Health Beauty Awards 2008

acnes/blemishes as well as it will prevent acne scars.

Formulated using a potent anti-inflammatory complex with radiance boosting and skin balancing properties, Vitamin B3, fruit acid (lime and lemon), pro-Vitamin B5, the **Pore Purifier** is an advanced acne treatment toner that is infused with Resveratrol (derived from grape), Pomegranate, Acai and Goji extracts to condition the skin and helps to clear up congested skin, speed up skin cell renewal, lighten acne scars/marks.

There are many other products such as the **BioCollagen Ageless Cream**, **BioCollagen Ageless Eye Mask**, **BioCollagen Ultra Serum**, **Oil Free Antioxidant Lotion** & etc.

Please do visit us to experience the wonderful range of Henry Tianus Advanced Natural Cosmeceuticals products and be amazed by the results. That is why we call them skin care investment!

Awards winning range of products

Winner of Natural Health Beauty Awards 2007

Winner of Natural Health Beauty Awards 2008

Winner of Natural Health Beauty Awards 2009

Winner of Natural Health Beauty Awards 2010

Natural Health Best Buy 2011

