

# Elba Artenaturale



Decorative soap  
& handcraft  
from the Isle of Elba

[www.elbaartenaturale.com](http://www.elbaartenaturale.com)

## **Elba Artenaturale:**

we make decorative soap,  
strictly by hand:  
from the collection of plants  
and wild herbs  
to the processing, by cold technique.  
Each piece is unique and has  
different characteristics in color,  
fragrance or packaging.  
The soap does not contain  
detergents, preservatives, foaming  
agents,  
neither synthetic hardeners or  
fragrances. The delicate color and  
fragrance are given by the  
exclusively natural ingredients.  
We use the cold method to not alter  
the properties of the elements that  
compose the soap.  
Below you will find useful  
information on cosmetic properties  
of the plants, herbs  
and flowers we use  
to enrich our soap:

## **MASTIC TREE**

Emollient and decongestant,  
suitable for all skin types; soap foam can  
be used as a base for shaving  
(shaving foam).

Used as a massage oil for the treatment  
of trauma and muscle pain, arthritic pain.

Anti age.

Excellent for treating dermatitis  
and eczema.

Gives brightness and softness to the skin,  
moisturizes and heals.

Antibacterial and antifungal.

## **EVERLASTING (HELICHRYSUM ITALICUM)**

The etymology of this flower derives from  
the Greek, its meaning is "golden sun". It  
has anti-inflammatory properties, it is  
used for the treatment of wrinkles,  
stretch marks, scars and for dry and  
damaged skin. Relieves skin problems such  
as eczema and psoriasis, acne, allergies  
and burns.

In the form of massage oil, it relieves  
arthritic pain.

## **ST. JOHN'S WORT**

It has anti-inflammatory power,  
healing and regenerative

of skin tissues, especially if used on wounds (in the form of oleolite).

Antiseptic, antifungal, antibiotic, painkiller.

Also as an oleolite it is indicated in the treatment of inflammation of the sciatic nerve, hemorrhoids, burns, wounds, fungi, scars, stretch marks, psoriasis, for massages on the perineum after childbirth.

Natural anti-age.

The flowers collected and used in the preparation of infusions and herbal teas help to fight stress.

### ROSEMARY

Excellent in the treatment (massage) of muscular pains, strains and arthritic pains.

It brings freshness, elasticity, brightness and protection to the skin, thanks at its high antioxidant content.

It has calming and anti-inflammatory properties. Rosemary oil has great antiseptic and antibiotic power, can be used for superficial wounds, domestic cuts or abrasions.

### CHAMOMILE

Good natural anti-inflammatory properties. For this reason is used as a decongestant, soothing and calming remedy, in all types of tissue irritations. Indicated in case of dermatitis, wounds, ulcers, irritation and inflammation of external tissues.

### ORANGE

Smoothing and rejuvenating, it fights the formation of wrinkles and stretch marks, helps fight cellulite, especially when the signs of water retention are light.

### FRENCH LAVENDER

For external use it boasts detergent, anti-inflammatory, analgesic, antibacterial, healing properties and decongestants. The plant is used to cleanse wounds and sores; to relieve itching and insect bites and to reduce irritation generally.

### CISTUS (ROCK-ROSE)

It turns out to be an excellent anti-inflammatory for skin care. Cistus essential oil has moisturizing and firming properties

Admired for being a plant rich in polyphenols.

### POPPY

Poppy has good cosmetic properties: used in particular to keep clean and smooth the facial skin.

Poppy seeds contain fatty acids, proteins, mineral salts and vitamin E.

### OLIVE (EXTRA-VIRGIN OLIVE OIL)

Extra virgin olive oil is a natural source of vitamin E, a powerful antioxidant that protects cell membranes from aging processes.

In addition to oleic acid, olive oil contains about 15% linoleic acid, 15% palmitic acid and 2% stearic acid.

It also contains an unsaponifiable fraction ranging from 1 to 2% and that provides this oil with a significant concentration of antioxidant active ingredients including: phenolic compounds, chlorophyll, Vitamin E, phytosterols with restorative and anti-inflammatory action and squalene, one of the main components of the skin surface.

### GOAT MILK

It contains unsaturated fatty acids, which make the skin toned and compact, with an anti-aging effect; it also contains allantoin, which nourishes the protective layer of the skin and protects it from external climatic agents; it has a high content of vitamin A and vitamin B, which give radiance to the skin and a high content of calcium and whey proteins, which make the skin soft; it contains lysozyme, an enzyme that acts as an antibacterial agent, as well as fats and proteins that help make the skin smooth; rich in minerals and vitamins, it is also suitable for subjects with more sensitive and delicate skin.

### MYRTLE

In case of irritation, inflammation, psoriasis or acne, myrtle offers benefits to irritated and inflamed skin but it is also an excellent remedy for wrinkles and tired skin.

### STRAWBERRY GRAPES

It has a lightening action on skin spots, it is also a good ally in the treatment of impure and seborrheic skin.

It counteracts skin aging.

### NETTLE

In addition to being a medical plant, nettle is a very well known cosmetic: it acts as an excellent emollient to treat acne, ulcers and eczema, useful in combating psoriasis and oily skin. It has anti-inflammatory and healing properties. All nettle-based products are emollients, moisturizers, astringents and softeners. Regular and constant use helps keep the skin and pores clean.

### MAUVE

Always known as a medicinal plant for its anti-inflammatory properties, mauve finds ample space as a component in cosmetics thanks to its emollient, anti-inflammatory and moisturizing action.

Suitable for dry and sensitive skin and as a cleanser for intimate hygiene.

### MARIGOLD

The fundamental virtue of calendula is that of being able to give relief to the skin, thanks to her resolute anti-inflammatory, antiseptic and healing power. It is a real cure-all for eczema, acne or dermatosis, dry,

cracked and reddened skin.

### PRICKLY PEAR

Renowned for its nourishing properties, rich in vitamins and minerals that promote renewal, prickly pear is a particularly beneficial ingredient in case of frequent cleansing or exposure to dehydrating agents, such as sun, chlorine and salt.

### LEMON

It cleanses the skin and helps in the healing process of the bites of insects. It can be used as an astringent in case of acne and boils and to dry the skin from sebum excess. It also helps in the presence of blackheads, closes the skin pores and makes skin smoother and brighter. It also softens and lightens the spots that sun and age make appear on the hands.

### PEPPERMINT

Effective against diseases with itchy symptoms, used as a tonic for refreshing the skin. It is especially recommended for

oily skin.

Menthol (main component of peppermint) has a disinfectant and refreshing effect.

### LAUREL

It carries out, in particular, an astringent and antiseptic action; particularly suitable for those subjects suffering from allergies and intolerances.

It performs a rebalancing action on the skin, it regulates sebum production and prevents scalp inflammation, acne and changes of various origin.

### CALAMINTHA NEPETA (CATMINT)

It has a strong antifungal and antibacterial activity.

### THYME

Due to its antiseptic properties, the thyme is excellent as a sedative for itching and in case of oily skin.

### BURDOCK

It brings significant benefits to all external tissues: indicated above all for the treatment of dermatoses of various kind, from the milk crust to acne, eczema, dandruff and seborrhea.

### HORSETAIL

It is astringent and hemostatic, it helps to revitalize cells. Thanks to the high content of silicic acid, it stimulates the metabolism of the skin and connective tissue. Horsetail can also be a good remedy for poor wound healing.

Transformed into a cosmetic product, thanks to its high mineral content, it favors the hydration of the skin.

Recommended for those with normal to dry, sensitive and inflamed skin, as well as for those who suffer of dermatitis or eczema.

### BORAGE

It has a soothing, regulating and anti-aging effect and can be used in case of acne, oily but also dry skin, as well as in case of dermatitis, psoriasis or other dermatological problems (especially those due to hormonal imbalances).

Indicated for the care of children and babies, it is often used for the treatment of Atopic dermatitis.

### JUNIPER

Astringent action on acne and oily skin, excellent as a sebum regulator.

### OATS

It has fantastic anti-inflammatory properties and it's perfect for all skin types, even for the most sensitive.

It is very moisturizing and helps remove dead skin cells.

to treat skin inflammations such as acne, eczema, rosacea and eruptions.

It is also an excellent aid to counteract skin aging.