



# ALOE

According to various literature sources, there are 300-420 species of aloe, of which 20 species have medicinal properties, and the most popular is aloe vera.





# ALOE

Aloe belongs to the family Asphodelaceae and is native to Mediterranean countries, but also likes a warm and dry climate.

Aloe has the ability to convert sunlight and mineral salts, allowing it to survive in harsh conditions.

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Aloe is an amazing medicinal plant full of nutritional value.



Aloe leaves are filled with a light gel-like substance, which contains about 95% water, and the rest is a dry mass, in which there are the most active components.



According to the World Health Organisation (WHO), aloe is a biologically active plant and is identified with 75 active ingredients.



# ALOE

## Aloe

is a succulent found in Mediterranean countries. The rich composition and numerous nutrients with proven action ensure the extraordinary properties of aloe, especially appreciated in cosmetics. Aloe leaves are 95% water and the remaining 5% dry matter. Aloe pulp is a source of many valuable nutrients for beauty such as:

**VITAMINS:**  
**A, C, E,**  
**B3, B4,**  
**B9**

**PLANT ENZYMES:**  
**peroxide**  
**dismutase,**  
**amylase**

**amino**  
**acids**

**polysaccharides**

**MICROELEMENTS:**  
**calcium, chromium,**  
**magnesium,**  
**selenium,**  
**zinc, copper,**  
**potassium**

**FATTY ACIDS:**  
**linoleic acid,**  
**oleic acid**



Many of the **75** active ingredients in aloe are difficult to remember, but it's worth being aware of them:

**Amino acids** are the building blocks for proteins that are delivered to the body with food.

## **AMINO ACIDS:**

**alanine, arginine, glutamic acid,  
aspartic acid histidine, glycine,  
hydroxyproline, leucine,  
lysine isoleucine,  
methionine phenylalanine  
proline threonine tyrosine,  
and valine.**

**The minerals** present in aloe gel are part of two enzymes: glutathione peroxidase and peroxide dismutase, which, like an antioxidant, fight free radicals and slow down the ageing processes of cells in the body.

Calcium has a beneficial effect on the bone system, iron prevents anaemia, potassium is involved in the conduction of electrical impulses, controls the contraction of muscle fibres, magnesium supports brain function, copper oxygenates polyunsaturated fatty acids and fights rheumatoid arthritis, zinc acts as an immunostimulatory, sodium maintains water management, chromium regulates cholesterol levels and promotes the processes of burning body fat.

## **MINERAL COMPONENTS INCLUDE**

**calcium, chromium, copper,  
magnesium, iron, potassium,  
phosphorus, sodium, and zinc.**

## **ANALGESICS:**

**lupeol  
(natural salicylic acid),  
magnesium lactate**

## **PROTEIN:**

**lectins**

## **VITAMINS:**

**vitamins: A, C, E, and choline,  
all vitamins from Group B,  
including folic acid (B9)  
and vitamin B12,  
which is rare  
among plants**

## **UNSATURATED FATTY ACIDS:**

**linoleic, linolenic,  
caprylic, palmitic  
and stearic**



## **ANTI-INFLAMMATORY AGENTS:**

**Bradykinase, beta-sitosterol  
(helps lower blood cholesterol),  
campesterol (protects joints  
and bones  
from degradation)**

## **ANTIBACTERIAL AGENTS:**

**cinnamic acid, lupeol,  
sulphides and phenols**





## **ANTHRAQUINONES AND DERIVATIVES:**

**aloin, barbaloin, isobarbaloin,  
anthracene, anthranol,  
alloethinic acid, emodin,  
cinnamic acid esters,  
chrysophanic acid,  
resistannol**

## **ENZYMES:**

**peroxidase, amylase,  
cellulase, oxidase,  
carboxypeptidase,  
alkaline phosphatase  
and others**

## **LIGNINS:**

**their main component is cellulose.**

**Studies show that thanks to  
these components,  
aloe penetrates deep  
into the human skin.**



## **CARBOHYDRATES:**

**pure and acetylated mannan,  
acetyl glucomannan,  
glucogalactomannan,  
galactan, arabinogalactan,  
pectin substances**

## **SAPONINS:**

**compounds of  
the glycoside group  
with astringent,  
slightly disinfecting  
and washing action**

## **SACCHARIDES:**

**mannose, glucose,  
l-rhamnose,  
aldopentose.**

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**Aloe** is a universal ingredient, suitable for any skin type.

Due to its strong moisturising properties aloe is beneficial for dry, irritated, and sensitive skin.

In addition, it accelerates regeneration, and healing of skin lesions and has a soothing effect,

so it is recommended for use on irritations, e.g. after shaving.

Anti-inflammatory, antibacterial and astringent properties of aloe are used in cosmetics

for oily and mixed skin. In turn, in hair cosmetics, aloe smoothes and glosses the stem,

it will also work in the form of a gel as a primer before hair oil treatments.



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## Properties of cosmetics with aloe

Aloe, as a component of cosmetics,  
has the effects of:

**MOISTURISING**  
prevents the loss  
of water from the epidermis,  
smoothes and makes  
the skin supple,

**SOOTHING  
AND ANTI-INFLAMMATORY**  
great for  
after sunbathing,

**ANTIBACTERIAL**

**REGENERATIVE**



# ALOE



FEDERICO MAHORA

# aloe vera