

MOUNTAIN MAMA'S PRODUCT INFORMATION

MOUNTAIN MAMA REMEDIES

Penny Taylor

1151 N MORGAN VALLEY DRIVE

MORGAN, UTAH 84050
(801) 829-8370

EXCITING NEWS FROM MOUNTAIN MAMAS REMEDIES

After years of crafting natural lotions, balms, salves, and oils for my own healing journey—and sharing them as heartfelt gifts with family, friends, and neighbors—I'm thrilled to finally offer these products to you!

Each item is thoughtfully blended using natural ingredients, inspired by research, tradition, and a love for wellness. What began as a personal passion has grown into a beautiful way to connect and support others.

NOW AVAILABLE FOR PURCHASE

Whether you're looking for soothing skincare, personalized scents, or a thoughtful gift, I'd love to help you find the perfect product. I also offer custom blends tailored to your favorite fragrances and needs.

Interested in Learning More?

I'm considering hosting hands-on classes to share the joy of making natural products. If that sounds fun to you, let me know!

Let's Connect

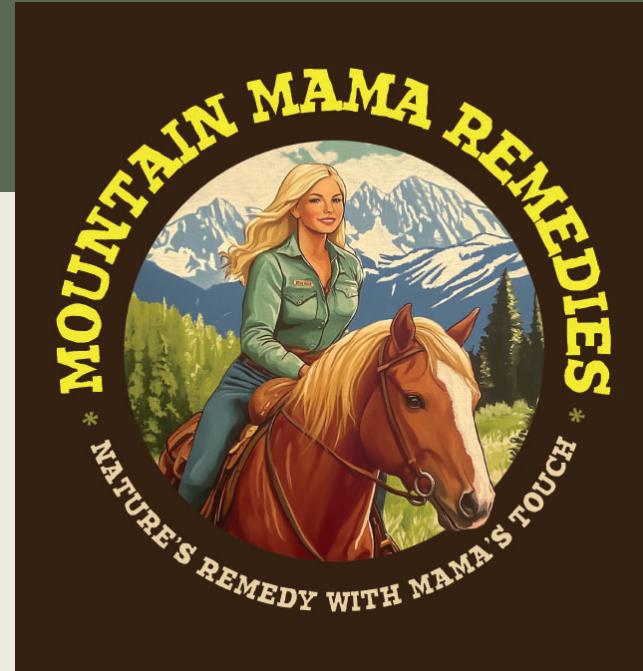
If you'd like to purchase, request a custom blend, or join a future class, please reach out—I'd love to hear from you! Thank you for supporting this journey. Your encouragement means the world!



Calendula is dried immediately after picking.



Beef tallow is rendered impurities are removed to ensure quality.



Dried flowers are infused in carrier oil to make lotions and salves

FACE CREAMS



MAMA'S FACE CREAM



SAMPLES



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\$35.00

2 OZ. AND 4 OZ.

To further enhance the anti-aging and skin-rejuvenating properties of the cream, I incorporated a carefully selected blend of active ingredients:

Ribose: A natural sugar molecule that energizes skin cells and improves skin elasticity, helping to reduce the appearance of fine lines and wrinkles.

Niacinamide (Vitamin B3): Known for its ability to brighten skin tone, reduce inflammation, and strengthen the skin's barrier function.

Caffeine and Castor Oil: Caffeine helps to tighten and firm the skin while reducing puffiness, and castor oil provides deep hydration and promotes smoothness.

Hyaluronic Acid: A powerful humectant that draws moisture into the skin, plumping it from within and improving overall texture and suppleness.

Frankincense Essential Oil: Revered for its anti-inflammatory and healing properties, frankincense supports skin tone, reduces the appearance of age spots, and promotes a youthful glow.

Together, these ingredients create a luxurious, nourishing lotion that supports healthy, radiant, and youthful-looking skin.

SOAP



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contains: hand rendered grass fed & finished beef tallow, shea Butter, yoni herb in a base of organic coconut oil, olive oil, palm oil, apple cider vinegar, rhubarb root powder
fragrance and colorant free
www.mountainmamaremedies.com



MYSTIC MOUNTAIN SOAPS

Crafted with care and a touch of tradition, our natural soaps are made using our own personally rendered beef tallow—an ingredient known for its nourishing and moisturizing properties.

Each bar is thoughtfully blended with carefully selected ingredients your skin will absolutely love.

From our melt and pour creations to our signature horse-themed soaps, every product is designed to leave you feeling refreshed, pampered, and fantastic after every use. Gentle, effective, and deeply hydrating—our soaps are more than just cleansing; they're a treat for your skin.

WE CRAFT EACH BAR IN SMALL BATCHES USING WHOLESOME INGREDIENTS--INCLUDING GRASS-FED & FINISHED BEEF TALLOW, WHICH CLOSELY MIRRORS OUR SKIN'S OILS. TALLOW HELPS SUPPORT THE SKIN BARRIER, LOCKS IN MOISTURE, AND DELIVERS VITAMINS A,D, E & K FOR SOFT, HEALTHY, RESILIENT SKIN.

BALMS

LIPBALM



MOISTURIZING BALM



PAIN AID



HEEL BALM

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CALENDULA OIL is a natural remedy that can help soothe, heal, and protect the skin. Some key benefits include its anti-inflammatory, anti-fungal, and antibacterial properties, making it useful for wound healing, eczema, diaper rash, and other skin irritations. Calendula oil also acts as a moisturizer and can improve skin firmness and elasticity.

BEESWAX

- Locks in moisture - natural barrier
- Protects from environmental damage
- Anti-inflammatory, antibacterial, antioxidant
- Rich in Vitamin A - promotes cell regeneration

COMFREY SALVE is traditionally used for its ability to reduce inflammation, soothe pain, and promote the healing of minor skin and tissue injuries, such as sprains, bruises, and scrapes.

Shea butter is beneficial for skin and hair due to its deep moisturizing, anti-inflammatory, antioxidant, and wound-healing properties, making it effective for treating dry skin, eczema, psoriasis, and sunburn, while also promoting collagen production and reducing the signs of aging and stretch marks. It can also soothe skin irritation, protect against UV rays, and repair hair from dryness, breakage, and split ends.

LIPBALM



LOTIONS

Making Lotion Has Many Rewards

There are several reasons why making your own lotions and creams can be beneficial.

When you make your own lotions and creams, you have full control over the ingredients used, allowing you to customize the product to meet your specific skin care needs. Our workshop explains the reasons behind every product used and how you can customize the quantities of each.

AVOID HARMFUL INGREDIENTS

Many commercial lotions and creams contain chemicals and preservatives that can be harmful to your skin and overall health. By making your own lotions and creams, you can avoid using these harmful ingredients.

COST-EFFECTIVE

Making your own lotions and creams will almost always be more cost effective than purchasing commercial products, especially

if you use high-quality natural ingredients.

ECO-FRIENDLY

Making your lotions and creams can be a more sustainable and eco-friendly option, as you can use reusable containers and avoid contributing to the waste created by commercial packaging.

FUN AND SATISFYING

Making your own lotions and creams is a fun and creative hobby, and the satisfaction of creating and customizing a product that works well for your skin can be very rewarding.

I started making lotions to help with my husbands neoropathy. Lotion is a soothing way to stimulate the nerves and improve circulation. I did a lot of research to understand benefits that creams and essential oils make.

ARNICA PAIN RELIEF

Arnica cream is recognized for its pain-relieving properties, possibly by reducing inflammation and improving blood flow to the affected area.

Bruising and Swelling: It's often used topically or in homeopathic forms to potentially help reduce bruising and swelling. Arnica possesses anti-inflammatory properties that may help reduce inflammation and pain.

Muscle Soreness: Some research suggests topical Arnica may help reduce muscle soreness after intense exercise.

GINGER REDUCES INFLAMMATION

Ginger's anti-inflammatory properties may help with conditions like osteoarthritis and rheumatoid arthritis. It can also help reduce inflammation associated with muscle soreness and menstrual cramps. Ginger may help reduce pain associated with arthritis, muscle soreness, and menstrual cramps. It's thought to work by reducing inflammation and blocking pain signals.

CAFFEINE/CASTOR OIL

Castor oil can also improve circulation and reduce pain. When applied topically, it can penetrate deep into the skin and underlying tissues, imcreasing blood flow and promoting healing. This increased circulation can help deliver nutrients and

oxygen to the affected joints, reducing stiffness and pain. Caffeine can increase blood circulation, reduce inflammation, and stimulate hair growth. Castor oil has moisturizing properties that can nource both hair and skin.

ROSEMARY IMPROVES CIRCULATION

Rosemary oil can improve blood circulation. It also contains compounds that may protect skin from sun damage and aging.

FRANKINCENSE Eases aches and pains. The boswellic acid in frankincense makes it a powerful anti-inflammatory. Topical application as part of a massage oil blend or lotion can help reduce swelling and ease arthritis and rheumatic pain.

Oils

SUNFLOWER OIL

One of the biggest boons of sunflower oil is that, when used topically, it can help support (and in some cases, restore) the skin's natural moisture barrier. Having an intact skin barrier is essential for healthy-looking skin, but this barrier can become compromised after exposure to stressors like harsh weather, chemicals, or even improper skincare. The linoleic acid in sunflower oil penetrates the skin easily and helps keep the skin's barrier nourished and protected from external stressors. Many plant oils contain linoleic acid, but sunflower oil contains an exceptionally high amount—roughly 70 to 80%. Experts believe this is why sunflower oil is so beneficial for skin barrier protection and repair.

DEAD NETTLE OIL

Nettle is full of antioxidants and nutrients such as, Vitamins A, C, K, E and several B vitamins which help to promote a radiant, supple and beautiful complexion. The powerful antioxidants & natural anti-inflammatory properties may help to soothe & protect dry irritated skin.

CHAMOMILE OIL addresses skin concerns – due to its anti-inflammatory properties, chamomile essential oil can help calm skin inflammation and redness, making it potentially useful for blemishes.

LAVENDER has many comforting aspects that make it a well used herb. It has a very relaxing and calming affect. It has a slightly cooling energy and acts as a sedative, antiseptic, anti-inflammatory and antiviral. It brings relief to all manner of ailments.

CALENDULA OIL is a natural remedy that can help soothe, heal, and protect the skin. Some key benefits include its anti-inflammatory, anti-fungal, and antibacterial properties, making it useful for wound healing, eczema, diaper rash, and other skin irritations. Calendula

oil also acts as a moisturizer and can improve skin firmness and elasticity.

COCONUT OIL is something of a miracle ingredient when it comes to skincare. This natural extract is popular both in its pure form, and as a key ingredient in skincare products. As an affordable, sustainable oil, it's also as good for the planet as it is for you.

WHAT'S NOT TO LOVE?



SPRAYS

Freshen Up Sprays

This has a delightful "green" aroma that leaves you feeling fresh and clean. It fights odor-causing bacteria and tones and tightens sweat glands and pours. Keep a small bottle with a few cotton pads on hand for when you need to freshen up a bit. Shake well before each use. Spray onto clean, dry underarms face or even feet and rub in to get that fresh feeling. You can even spray into those stinking gym shoes for a refresh smell.



MAGNESIUM OIL

Once you start using magnesium oil, do so daily - it can take time to increase magnesium levels. Spray directly on arms, legs, and stomach daily. 10-20 sprays per day.

Spray on to moist or dry skin and massage in. Start out with a lower dose and then slowly increase over time

Initially you may feel a slight irritation to the skin on application, however that should pass as the level of magnesium in the body builds up. You can leave on the skin or wash off after 20-30 minutes. I usually apply after a shower and then use coconut oil or a lotion bar to moisturize about 20 minutes later.

Magnesium oil, which is actually a concentrated solution of magnesium chloride in water, offers several potential benefits when applied topically. These include muscle relaxation, pain relief, improved sleep, and potential benefits for skin health. It can be applied directly to the skin, often massaged into areas of muscle soreness or tension.

HYALURONIC ACID SERUM

Hyaluronic Acid: A powerful humectant that draws moisture into the skin, plumping it from within and improving overall texture and suppleness. This helps to improve skin's overall appearance, making it look more youthful, radiant, and supple. While topical hyaluronic acid may not reverse deep wrinkles, it can improve their appearance and prevent new ones from forming.

SPRAYS

WHAT MAKES SALVES SO SPECIAL?



SALVES

HYALURONIC ACID

- Intense hydration - draws moisture into lips
- Plumps lips - improves texture and suppleness
- Boosts radiance - rejuvenates dull lips

COCOA BUTTER

- Deep moisturization - natural emollient
- Forms protective barrier - prevents moisture loss

COMFREY LEAF

The old folk name for the Comfrey plant is 'Knitbone' which gives you a bit of a clue as to what this magic plant is good for. The herb applied externally can help the healing process for broken bones, fractures, bruises and sprains. The astringent and demulcent properties of Comfrey make it an excellent wound healer.

CALENDULA

Calendula is a wonderful skin soother making it ideal for any skin inflammations, eczema, burns etc. A good all rounder for almost any skin irritation.

CARROT SEED OIL

Balances skin sebum - suitable for dry and oily lips

- Moisturizes without clogging pores - ideal for sensitive lips
- Protects against UV rays
- Anti-aging - rich in vitamins A, C, and E

BEESWAX

- Locks in moisture - natural barrier
- Protects from environmental damage
- Anti-inflammatory, antibacterial, antioxidant
- Rich in Vitamin A - promotes cell regeneration

SHEA BUTTER

Shea butter is beneficial for skin and hair due to its deep moisturizing, anti-inflammatory, antioxidant, and wound-healing properties, making it effective for treating dry skin, eczema, psoriasis, and sunburn, while also promoting collagen production and reducing the signs of aging and stretch marks. It can also soothe skin irritation, protect against UV rays.

IT IS THE NATURAL HERBS!

SALVES

MOUNTAIN MAMA REMEDIES
BOO-BOO
Salve

LOTIONS AND CREAMS

In this summary, I would like to highlight the unique benefits of using beef tallow as the foundational ingredient in my lotion. Beef tallow is a time-honored, nutrient-rich fat that closely resembles the natural oils found in human skin. It is deeply moisturizing, helps restore the skin's natural barrier, and is packed with fat-soluble vitamins A, D, E, and K, which are essential for skin regeneration and repair. Its compatibility with our skin makes it especially effective for dry, sensitive, or aging skin.

To further enhance the anti-aging and skin-rejuvenating properties of the lotion, I incorporate a carefully selected blend of active



Carrot Seed Oil regulates Skin Sebum: Carrot oil is suitable for people with sensitive skin. It has the power to balance out dry or oily skin as it gives skin enough moisture without clogging pores. Carrot oil is used to protect the skin from ultraviolet rays and has strong anti-aging properties due to its rich content of vitamins A, C, and E. Carrot oil can boost dull skin to radiant and glowing. Its high carrot oil content rejuvenates the skin cells.

Cocoa Butter is a natural emollient that can help to moisturize the skin. Being emollient it forms a protective barrier that can prevent moisture loss.

Shea butter has soothing and anti-

aging properties that may make skin appear smoother and reduce aging.

Niacinamide

Niacinamide (Vitamin B3): Known for its ability to brighten skin tone, reduce inflammation, and strengthen the skin's barrier function.

Sea Buckthorn Oil

Rich in Vitamin K and other nutrients, it can reduce the appearance of dark spots and promote an even skin tone.

Cocoa Butter

- Deep moisturization - natural emollient
- Forms protective barrier - prevents moisture loss

Hyaluronic Acid

- Intense hydration - draws moisture

into lips

- Plumps lips - improves texture and suppleness

Beeswax

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Lanolin

- Deep hydration - mimics skin lipids

LOTIONS

Making Lotion Has Many Rewards

Why I Make My Own Lotions & Creams

My journey into creating handmade lotions began with a personal mission—to help soothe my husband's neuropathy. I discovered that applying lotion could be a gentle, comforting way to stimulate nerves and improve circulation. That experience sparked a passion for learning everything I could about the healing properties of natural ingredients and essential oils. Over time, I realized there were several powerful reasons to continue making my own skincare products:

SAFER INGREDIENTS

Many commercial lotions are filled with harsh chemicals and preservatives that can irritate the skin or impact overall health. By making my own, I ensure every ingredient is safe, gentle, and beneficial.

BETTER VALUE

Using high-quality, natural ingredients doesn't

have to break the bank. Crafting my own products allows me to offer luxurious skincare at a more affordable price.

ECO-CONSCIOUS CHOICES

I care deeply about sustainability. By using reusable containers and minimizing waste, I'm able to create products that are kind to both your skin and the environment.

CRAFTED WITH CARE

Each lotion I make is a labor of love—customized with intention and backed by research. It's incredibly rewarding to know that something I've created can bring comfort and confidence to others.

My goal is simple: to offer skincare that's honest, effective, and made with heart. When you use my products, you're not just nourishing your skin—you're supporting a journey rooted in care, healing, and purpose.

ARNICA PAIN RELIEF

Arnica Cream: Targeted Relief for Pain and Inflammation

Arnica cream is known for its anti-inflammatory and circulation-boosting properties, which may help relieve pain and promote healing.

Bruising & Swelling: Often used topically or in homeopathic form to reduce inflammation, bruising, and swelling.

Muscle Soreness: Some studies suggest topical Arnica may ease post-exercise muscle discomfort.

ROSEMARY IMPROVES CIRCULATION

Rosemary oil can improve blood circulation. It also contains compounds that may protect skin from sun damage and aging.

GINGER REDUCES INFLAMMATION

Ginger's Therapeutic Role in Inflammation and Pain Relief

Ginger (*Zingiber officinale*) has been extensively studied for its potent anti-inflammatory and analgesic properties. Its bioactive compounds—particularly 6-gingerol, 6-shogaol, and zingerone—play a key role in modulating inflammatory pathways. These compounds inhibit enzymes such as cyclooxygenase-2 (COX-2) and lipoxygenase (LOX), which are responsible for producing pro-inflammatory mediators like prostaglandins and leukotrienes. [\[journal.medtigo.com\]](http://[journal.medtigo.com])

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MORE ON SALVES



SALVES

HYALURONIC ACID

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COCOA BUTTER

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WITCH HAZEL

Known for its antiseptic, anti-inflammatory and antioxidant properties, Witch Hazel Oil is excellent for all skin types and can be used alone or can be easily incorporated into skin care products. The high content of fatty acids, antioxidants, and minerals makes this botanical extract beneficial for healing varicose veins, hemorrhoids, cracked or blistered skin and to reduce signs of inflammation in chronic conditions like eczema or skin allergies. It is also effective in soothing sunburn, stings and bug bites. Witch Hazel Oil can also help clear up acne and blemishes by battling excess sebum production, as well as reducing inflammation and the amount of acne causing bacteria on skin.

PLANTAIN LEAF

WOUND HEALING: Astringent: Plantain leaves contain tannins, which have astringent properties that can stop bleeding and promote wound healing.

Antiseptic: The leaves also have antiseptic properties that can help prevent infection.

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MENTHOL

Brightens and tones skin: By temporarily increasing blood flow to the skin, menthol helps promote oxygen and nutrient delivery to skin cells. This can give the skin a healthier, more vibrant appearance and help tighten pores.

Helps manage oiliness: Peppermint oil can assist in balancing sebum production, making it particularly useful for those with oily and combination skin.

Enhances absorption of other ingredients: Research indicates that menthol can help improve the penetration of other substances into the skin, making active ingredients in topical products more effective.

IT IS THE NATURAL HERBS!

Understanding the skin barrier

In order to discuss the different types of moisturizers, we'll need a brief discussion on the structure and function of the skin barrier. The stratum corneum, the outermost layer of the epidermis (top layer of skin), is the primary barrier of the skin and is very important in maintaining water balance. It consists of corneocytes (dead skin cells) held together by a lipid matrix composed of ceramides, cholesterol, and fatty acids. You can think of this barrier as having a "brick and mortar" structure — the corneocytes are the bricks and the lipids are the mortar.

The Natural Moisturizing Factor (NMF) is another component of the stratum corneum. The NMF is primarily composed of free amino acids and various derivatives of these amino acids, for example, PCA, urocanic acid, and inorganic salts, sugars, as well as urea and lactic acid. The role of the NMF is to maintain adequate skin hydration. The NMF can become depleted with age and also from routine exposure to sensitizing ingredients like drying cleansing agents and denatured alcohol. This leads to visibly dry, tight-feeling, flaky skin.

Humectant definition

A humectant is a hygroscopic substance that has a molecular structure with several hydrophilic (water loving) groups, such as hydroxyl groups (OH) and/or amine groups (NH₂). There needs to be enough NH₂ and OH groups on the molecule to counteract the nonpolar parts (i.e. hydrocarbon portion), allowing the overall molecule to be polar enough to attract water. The OH and NH₂ groups hydrogen bond with water, essentially "grabbing" it and holding it on the skin. Humectants pull water from the dermis to the epidermis and stratum corneum. In addition, humectants can draw water vapor from the air to help moisturize the skin if the humidity is over 50 percent. A few examples of skin care ingredients that can be classified as humectants include the following:

- Hyaluronic acid
- Urea
- Alpha-hydroxy acids (AHAs)
- Amino acids
- Peptides
- Sugar alcohols (glycerin, sorbitol, xylitol, etc.)
- Aloe vera
- Honey

Humectant products can be used by all skin types, but they are best for those with normal to slightly dry skin. Since humectants slow water from evaporating in the epidermis, they help to keep the skin hydrated. Humectants also promote the shedding of dead cells (called desquamation) by breaking down the proteins that hold the cells together. However, one drawback with humectant products is that they can sometimes pull too much moisture from the lower layers of skin when the air in your surrounding environment is very dry.

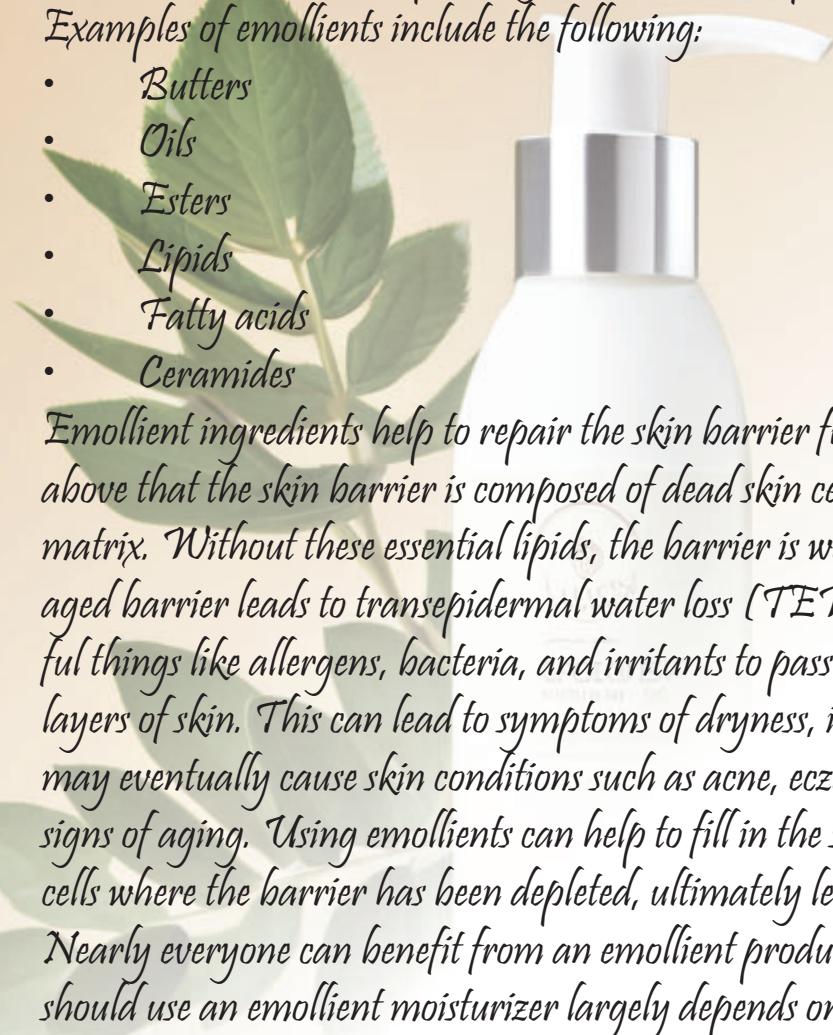
Humectants provide temporary anti-aging effects because the extra hydration is extra volume, which effectively plumps out the skin and makes lines and wrinkles less noticeable. However, this effect is transient — as soon as the moisture content in skin decreases, lines and wrinkles will return to normal size. Unfortunately, some skin care brands may use high concentrations of humectants in their products that are claimed to provide anti-aging effects without any other ingredients to correct signs of aging. You may think the product is working because your skin looks plump after use, but these effects are just from the humectant.

Emollient definition

An emollient is an oily substance that fills in the spaces between dead skin cells, thus creating a smooth skin surface. Basically, an emollient is a film forming substance that makes the skin feel and look smooth. While an emollient will provide some occlusive effects, the primary function is to help soften the skin.

Examples of emollients include the following:

- Butters
- Oils
- Esters
- Lipids
- Fatty acids
- Ceramides



Emollient ingredients help to repair the skin barrier function. Remember from above that the skin barrier is composed of dead skin cells held together by a lipid matrix. Without these essential lipids, the barrier is weakened. A weak or damaged barrier leads to transepidermal water loss (TEWL) and may allow harmful things like allergens, bacteria, and irritants to pass through into the deeper layers of skin. This can lead to symptoms of dryness, itching, and irritation, and may eventually cause skin conditions such as acne, eczema, sensitive skin, and even signs of aging. Using emollients can help to fill in the spaces between dead skin cells where the barrier has been depleted, ultimately leading to soft hydrated skin.

Nearly everyone can benefit from an emollient product. Whether or not you should use an emollient moisturizer largely depends on what emollient ingredient is used in the product. For example, those with oily or acne prone skin should avoid products with comedogenic emollients, such as coconut oil and avocado oil, and only use products with non-comedogenic emollients, such as jojoba oil, safflower oil, and squalane, to prevent clogged pores and acne breakouts.

Occlusive definition

Occlusive moisturizers contain ingredients that create a physical barrier on top of the skin that helps prevent trans-epidermal water. These ingredients feel thick and heavy after application since they are not absorbed into the skin.

Examples of occlusive ingredients include the following:

- Petrolatum
- Mineral oil
- Lanolin
- Waxes
- Silicones

Since occlusive ingredients form a protective barrier on the surface of skin, they are best for those with very dry skin and conditions like eczema and psoriasis. Applying an occlusive moisturizer immediately after bathing may be an effective way to trap additional water in the skin.

Those with oily or acne-prone skin should avoid most occlusives except silicones. It's a common misconception that silicones can cause or worsen acne. Silicones have wide spaces between each molecule, which form a molecular lattice. Upon application to the skin, this lattice enables silicones to form a film on the surface while still allowing skin to "breathe". Oxygen, nitrogen, and other nutrients can still pass through the film formed by silicones. However, most silicones do not allow water to pass through, which is an ideal quality for preventing transepidermal water loss (TEWL) - a leading cause of dehydrated skin. In addition, the large molecular size and volatility of silicones also dispels the claim that these ingredients can clog pores and cause acne. Since silicones evaporate quickly and do not penetrate the pore lining, they cannot cause acne.

Which is best: humectant, emollient, or occlusive?

Now that you know the difference between humectant, emollient, and occlusive moisturizers, you can probably see that there are advantages and disadvantages with each type. Thus, one type is not necessarily better than the other. A great approach is to look for products that combine all three of these in one formula. The



humectant will draw in moisture while the occlusive will lock in that moisture in, and the emollient will keep the skin soft and smooth. Below are the products we recommend that effectively combine these three ingredient types in their formulas. This hydrating anti-aging formula contains humectants like glycerin, gluconolactone, sodium lactate, and Aloe vera leaf juice to draw moisture into the skin. It also contains several emollients, like squalane and caprylic/capric triglyceride from coconut, as well as a couple occlusives like dimethicone to lock in moisture. In addition to these moisturizing ingredients, this formula is rich in antioxidants and a blend of natural complexes – including rosemary extract, sunflower extract, and nourishing watermelon rind.