



## Just Product FAQ

### Q: Are *Just's* products 100% natural?

Our products have a blend of ingredients. Some of them are 100% natural, like extracts and essential oils. Others, in fact, are not from plant origin. These ingredients are used to provide the texture and quality that make our products what they are. If *Just's* products were 100 % natural, they would go through oxidation, they would become rancid and in many cases they would spoil before their expiration date. A stable formula for a cream, a cleansing product or a lotion needs much more than a blend of essential oils and extracts to be effective. The laboratories in Walzenhausen, Switzerland, work nonstop with the purpose of achieving balanced and effective formulas, keeping their client's health in mind.

### Q: Are *Just's* products hypoallergenic?

*Just's* products are NOT hypoallergenic, since they have very high amounts of natural oils and extracts which provide superior effects but can also –in a few cases- cause an allergic reaction on very delicate or sensitive skins. Thus, we always recommend testing the product on the client's inner arm to evaluate her tolerance.

### Q: I noticed Deo Intim has sulphates, and I read on the Internet that they are toxic ... is this true?

During the last few years, there has been a rumor about the supposed danger of Lauryl Sulphates (Sodium Lauryl Sulphate, SLS and Sodium Lauryl Ether Sulphate, SLES) commonly used in personal hygiene products like shampoo, tooth paste, lotions, etc.

**To help our clients put their minds at ease, you should know that:**

- This information has no foundation.
- These messages were denied by their supposed sources.
- Both SLS and SLES are not carcinogenic, as stated by the American Cancer Association ([www.cancer.org](http://www.cancer.org))
- The safety of these products is acknowledged by Cosmetic Ingredient Review (CIR) in the USA, and European and American health authorities.
- In our region, their use is permitted by all governments.
- Should you need further information, you may refer to the following Internet links: [www.ctfa.org](http://www.ctfa.org), [www.cir-safety.org](http://www.cir-safety.org) and [www.cancer.org](http://www.cancer.org).

## Q: Which *Just* products can be used during pregnancy?

The use of any essential oil has to be approved by your obstetrician. This said, there are many essential oils that should not be used by pregnant women. Among *Just*'s oils, peppermint and juniper are not recommended during pregnancy because they can stimulate contractions and labor. Jasmine, rosemary and sage are not recommended because they are considered emmenagogue, which means they stimulate menstruation.

During breastfeeding, peppermint oil should be avoided because it can decrease the flow of milk.

**The oils that are recommended are: geranium, chamomile, lavender and sandalwood.** As a precaution, it is convenient to use half of the regular amounts of essential oils during pregnancy.

## Q: Can a person with Celiac disease use *Just* products?

Celiac disease is a permanent intolerance to gluten found in wheat, oats, barley and rye. Most *Just* products are developed without these ingredients, although some do contain low concentrations, such as the Milk, Honey and Rice Bath Foam and the Cellfit Bust Firming Cream; there are other products that may have traces of these grains that are very difficult to detect. These are the Deo Intim, San'Activ Cream, Seaweed and Icelandic Moss Shower Gel, and Cellfit Exfoliating Gel. Although there is no evidence that topical application is harmful, we recommend that people with celiac disease consult their physician before using these products.

## Q: What are parabens? Why do some of our products contain them?

Parabens are preservatives that prevent the contamination of products, which is essential in order for them to be used under common conditions in a home (moisture from the bathroom, everyday contact with the consumer's hands, etc.) to keep bacteria or fungi from developing. While parabens have been questioned, especially due to rumors circulating on the Internet, there are no conclusive studies that show them to be of any danger.

Parabens have been approved as safe by international cosmetics regulatory authorities, including for use in medicines and foods. In *Just* products that require the use of parabens, they are used in concentrations of less than 0.8% and in combination with essential oils to prevent bacterial growth. Whenever possible, and especially in new products, we try to replace them with next generation/state of the art preservatives.

Q:

## Do the *Just* products expire?

Yes, each product has an estimated shelf life. This is determined through a study of stability in which several factors are considered such as storage time, compatibility with the packaging, the climates where they are produced and sold, and the conditions of transport. This study is product specific, and therefore, expiration dates vary depending on the ingredients and composition.

**For example, the creams have between 24 and 30 months of shelf life, and oils between 18 and 24 months.** The expiration date is computed from the date of production and is printed on the packaging. Once at home, to help maintain stability, it is important to keep products at temperatures below 90 ° F and avoid direct sunlight. As the expiration dates correspond to a factory standard, many products maintain their properties well beyond their formal expiration date. If a product looks good and has good color and aroma, you can continue to enjoy its benefits without any risk.

Q:

## Do *Just* products have dyes? Why?

The emotional benefits of color therapy are well known. Therefore, some products include dyes in their formulation to improve the customer's sensory perception and thus provide a more fulfilling experience. To reassure our customers, all dyes used by **Just** are permitted and approved by the FDA (Food and Drug Administration) and the European Community for use in foods. In addition, the amounts used are also within the permitted parameters. Proof of this is that these products are registered and approved in all countries in America and Europe by the respective Health Ministries.

