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Spice up skin care with Wasabi

(San Diego, CA) Who would have thought? That sinus-opening, ooh-hurts-so-good wasabi we love with our sushi is not just a treat for the taste buds. It also works magic on the skin.

“Wasabi, or *Wasabia Japonica*, has been gaining popularity, but it’s still the new kid on the block in the skin care industry. Only in the last ten years or so, the medical, pharmaceutical and cosmetic research has found that Wasabi has anti-inflammatory properties and is a natural antibiotic,” says Dr. Dieter Kuster, founder and chief chemist of CA BOTANA, a leading manufacturer of natural skin care products. Some research is looking at Wasabi for its cancer fighting properties.

Historically, wasabi has been used as a food enhancer in Japan and some parts of the Orient for centuries. Its high activity killing microbes became apparent, and it became an important additive for the consumption of raw fish. Research has established that wasabi has a high concentration of potassium, calcium and Vitamin C.

“Considering *Wasabia*’s ingredients and activities, it makes sense to add the extracts of *Wasabia* to cosmetics for anti-aging, anti-oxidation and microbial control,” explained Dr. Kuster.

Research is in progress and new discoveries are being made, says Dr. Kuster, who adds a word of caution: Because there’s a high demand for *Wasabia* and low availability, most of what we think is Wasabi for consumption is not really Wasabi at all. In many cases, what we use to enhance our food is really ground up horseradish with starch and green coloring added. Both plants are in the cabbage family.

“There has been a shortage of Wasabi in the world market, but this may be overcome through cultivation,” says Dr. Kuster. The Canadian government

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has established a research center in Vancouver, where the original plant is cultivated, planted and harvested in the cool clean streams of British Columbia.

The Wasabi root is the most important part of the plant, explains Dr. Kuster. The root is freshly ground and packed into a ball for storage and in the process the juice is extracted and further processed for pharmacological and cosmetic use.

Among the first in the skin care industry to use Wasabi, CA BOTANA has been integrating Wasabi root extracts into the company's most effective products for more than 12 months. CA BOTANA products that use Wasabi include several cleansers, moisturizers, a mask and a facial scrub.

"I'm sure that in the near future, more and more interesting information about the powers of Wasabia Japonica will come to light," says Dr. Kuster.

Other Uses for Wasabi:

When it comes to food, wasabi enhances everything from sushi and noodles to condiments and cheese. Men have claimed that wasabi is a natural aphrodisiac, and some women have found that a dab of wasabi, along with other natural ingredients, serves as a lip plumper that rivals the commercial versions on the market.

CA BOTANA Products with Wasabi:

Doctor D Schwab Herbal Foam Cleanser
Doctor D. Schwab AM/PM Moisturizer
Doctor D. Schwab Ginkgo Mask
Doctor D. Schwab Super Repair CoQ10 Moist
Sea Enzyme Basil-Mint Sea.Salt.Scrub

About CA BOTANA:

Headquartered in San Diego, CA, CA BOTANA is a leading manufacturer of natural personal care products with worldwide marketing and distribution in more than 60 countries. Known for meticulous research, CA BOTANA has, for more than 40 years, studied the effects of sea extracts, plants, herbs and vitamins, integrating breakthrough discoveries with the latest skin care technology. CA BOTANA carries three product lines-- Doctor D. Schwab, Sea Enzyme and Ambrosia--that serve different skin types. For more information about CA BOTANA visit the company website at www.ca-botana.com or call 800-872-2332.