



VEGETABLE OILS TO KNOW AND USE

Vegetable Oils are authentic functional active ingredients and not simple cosmetic "ingredients". Obtained by cold pressing or maceration of seeds, fruits and flowers, they contain all the **vital energy** of the plant. In addition to nourishing the skin and hair, **they protect, regenerate, rebalance** and promote the absorption of essential oils in professional treatments.



#ARGAN OIL

Argania spinosa: "liquid gold" par excellence, rich in vitamin E, phytosterols and unsaturated fatty acids.

It is antioxidant, elasticizing and healing.

Perfect for mature skin, damaged hair and anti-aging treatments for the face and body.

Fun fact: Berber women have been using it for centuries for both skincare and traditional cooking.



#PRICKLY PEAR OIL

Opuntia ficus-indica: rich in vitamin E and polyphenols.

Protects the skin from free radicals. Ideal for mature skin thanks to its highly moisturizing and regenerative properties.

Fun fact: it is one of the most expensive oils in the world, as it is obtained from the cold pressing of its small seeds and the extraction process is very laborious.



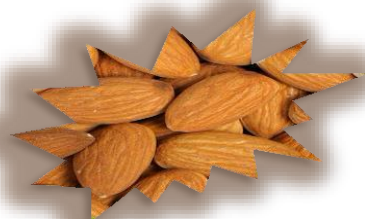
#OLIVE OIL

Olea europaea: rich in polyphenols, tocopherol and squalene.

Emollient and antioxidant, ideal for dry skin, delicate skin and to prevent the signs of aging.

Perfect for toning or draining massages, very dry or flaky skin, nail and hand balm.

Fun fact: it is one of the few oils to have a historical sacred and therapeutic value, also present in the Bible and in Hippocratic medicine.



SWEET ALMOND OIL

Prunus amygdalus dulcis: rich in vitamins A and E.

It is one of the most widely used oils in aesthetics. Delicate and nourishing, soothing and elasticizing, therefore, perfect for sensitive skin and to prevent stretch marks during pregnancy.

Fun fact: it has been used for centuries in Unani (Persian) medicine as a vehicle for medicated oils.

	# SESAME OIL <i>Sesamum indicum</i>: renowned for its draining and purifying properties, loved in Ayurvedic medicine for skin and hair care. It promotes the drainage of the lymphatic system, the strengthening of the nervous system and the removal of toxins, (used for oil pulling and Abhyanga massages). Fun fact: it contains sesamol, a rare natural antioxidant, and partially filters UV rays.
	# AVOCADO OIL <i>Persea gratissima</i>: rich in vitamin D, E and lecithin. Perfect for deeply nourishing the skin, for brittle nails and also for regenerating damaged hair. Curiosity: it penetrates deep into the layers of the dermis, more than other oils, and is also used in natural post-surgical preparations.
	# COCONUT OIL <i>Cocos nucifera</i>: rich in lauric acid. A nourishing and antibacterial oil, excellent for dry skin and hair, as well as for natural sun protection. It also has antifungal properties. Ideal for restructuring masks for damaged or dry hair, protection of lips and delicate areas, sensitive and flaky skin. Fun fact: in Sanskrit it is called "Kalpa Vriksha", "the tree that provides everything that is needed for life".
	# SHEA BUTTER <i>Butyrospermum parkii</i>: rich in vitamin A, F. A panacea for dry skin, chapped lips, hands and heels. Healing, protective, ideal for intensive treatment. Fun fact: it is traditionally hand-picked by African women and is considered "women's gold".
	# CALENDULA OIL <i>Calendula officinalis</i>: It is not a real pressed oil, but an oleolite, that is, an oily extract of calendula flowers macerated in vegetable oil. It has calming, anti-inflammatory and regenerating properties. Soothing, calming, perfect for treating skin irritations, from sunburn to dermatitis and also for light post-sports massages. Fun fact: Calendula was sacred to the Romans and was used to treat the wounds of soldiers on the battlefield.
	# ST. JOHN'S WORT OIL <i>Hypericum perforatum</i>: other oleolite. With its extraordinary healing properties, it is ideal for sunburns, erythema, scars, irritated skin, useful for stimulating microcirculation. Curiosity: it is also called "St. John's oil" because it is traditionally prepared on the summer solstice.



LINSEED OIL

Linum usitatissimum: an oil rich in Omega-3.

Elasticizing and rebalancing, perfect for strengthening dry and rough skin, brittle hair, very suitable for anti-aging preparations for men and women.

Fun fact: it has a lipid profile similar to that of human sebum.

Some particular Vegetable Oils

Hazelnut Oil

Lightweight, penetrating and astringent. Excellent for combination and oily skin, it stimulates circulation and has a firming effect.

Grapeseed oil (grape seeds)

Rich in proanthocyanidins and resveratrol. It is one of the lightest oils, perfect for lymphatic drainage massages and acne-prone skin.

Nigella Oil (Nigella sativa)

Also called 'Pharaohs' oil', it has immune-stimulating, anti-inflammatory and purifying properties. Great for dermatitis, acne and impure skin.

Marula Oil

Originally from Africa, it is considered the new 'must-have' for the face. Light, very rich in antioxidants, ideal for dull and dehydrated skin.

Some authoritative references

"Vegetable oils not only nourish the skin but improve its natural barrier against pollution and external stress." *Journal of Dermatological Science*

"The fatty acids present in vegetable oils actively participate in the lipid regeneration of the epidermis." *Journal of Dermatological Science*

"Sesame oil, when used daily, strengthens the tissues and nervous system." *Charaka Samhita, classic Ayurvedic text*

Please note: before applying the oil completely, it is always best to test a small amount.

...and now I would like to know which oils you prefer and which ones you carry or would like to always carry with you.

Would you like to find out which products are trusted by Wellnessaround?

*Go to the **PRODUCTS** section of our website and have fun choosing.*

I would like to remind you that Wellnessaround supports female entrepreneurship in Morocco and the repopulation of the territory with the Argania Spinosa tree.

...to finish I would like to share this quote with you

"The beauty of the skin is a reflection of what we consume and how we treat our bodies."
Hippocrates