

## **CLINICAL DATA – ARGANIA SPINOSA KERNEL (ARGAN) OIL**

### **Argania Spinosa Kernel (Argan) Oil, its virtues and its method of manufacturing**

Argania Spinosa Kernel (Argan) Oil is a traditional culinary, cosmetic, and healing oil that is produced by the Berber women of Morocco. For hundreds of years, the people of Morocco have benefited from the wonderful qualities of Argania Spinosa Kernel (Argan) Oil. Argania Spinosa Kernel (Argan) Oil gives the user soft skin, reduces wrinkles, heals scars and acne blemishes, softens cuticles, heals split ends, rejuvenates the skin, and acts as an anti-inflammatory agent to soothe conditions such as arthritis and muscle aches. Moroccan Argania Spinosa Kernel (Argan) Oil is also rich in Vitamin E and essential fatty acids and is an effective component of a healthy diet. Finally, Argania Spinosa Kernel (Argan) Oil is a natural product and is produced in strict conformity to organic guidelines. It has no chemical additives, and it is safe for anyone to use.

Because Argan forests are relatively scarce throughout the world, Argania Spinosa Kernel (Argan) Oil is a prized commodity that sells for a much higher price than other essential oils. In light of this fact, one might question its distinctive worth. Perhaps an understanding of where Argania Spinosa Kernel (Argan) Oil comes from, and the people who produce it, will help put things in a better perspective.

### **How are Argan nuts harvested and pressed into Argania Spinosa Kernel (Argan) Oil?**

The process of Argania Spinosa Kernel (Argan) Oil production, like any agricultural endeavour, is a season-long one. Argan tree nuts appear in the spring, after the trees have flowered. The nuts are at first green. After they have turned yellow, they dry in the late summer and fall off the trees. The nuts are then hand-gathered by the Berber woman.

Argania Spinosa Kernel (Argan) Oil is traditionally produced by the following process: First, the Argan tree nuts are cracked open, and then the fruit of the nut is removed and left out to dry. After the fruit has dried for a while, it is cracked, and the seeds, which are inside the fruit, are removed. The oil is extracted by cold pressure-operation done by machine, to increase productivity and conform to the international standards of hygiene. Even so, the production of Argania Spinosa Kernel (Argan) Oil is a truly demanding process.

### **Argania Spinosa Kernel (Argan) Oil in Cosmetic**

For cosmetic purposes, Argania Spinosa Kernel (Argan) Oil is used as a skin softener and protector. It can also be used to diminish wrinkles, scars and dryness caused by eczema. In addition, it functions as a topical anti-inflammatory agent and can be used to soothe muscle strain or arthritis. The application of Argania Spinosa Kernel (Argan) Oil in any of the above cases requires only a small amount. It should be applied to the fingers and gently rubbed into the desired area.

Argania Spinosa Kernel (Argan) Oil can also be used to restore split ends or reduce dandruff caused by dry skin. The Moroccan oil should be applied and allowed to sit for one half hour, after which it can be washed out. The result is a healthier scalp and a softer head of hair.

Like other essential oils, Argania Spinosa Kernel (Argan) Oil can be used in baths, and special blends are available for this purpose. Used in this way, it has soothing, calming qualities and will also benefit the skin if the user is careful not to wipe all the oil away when drying off after the bath (in this case, it is best to pat down for the purpose of drying off).

As a topical product, however, argan oil has one defect: it contains the comedogenic (i.e., pore-clogging) oleic acid. Because of this, it is advised, as a preventative, that users also keep acne-fighting agents on hand.

Argania Spinosa Kernel (Argan) Oil is a way to healthy skin, a healthy diet, healthy lives, and a healthy environment.

Buying and using Argania Spinosa Kernel (Argan) Oil is a way to promote skin and body health, but it is also a way to support the hard-working Berber women of Morocco and save the diminished Argan forests that are so essential to the region's prosperity. Argania Spinosa Kernel (Argan) Oil is not simply another health product to be used for one's own personal benefit; it is a product that supports the environment and the sustainable economy of hard-working Moroccan women.

### **Main Active Components:**

Vitamin E, Sterol, Linoleic acid (omega 6), Oleic acid, Palmitic acid, iso-stearic acid

### **Properties:**

- Nourishing, softening
- Protective (external aggressions, sun, wind), fortifying
- Antiradical, anti-ageing, regenerating, revitalizing
- Repair, healing

### **Indications:**

- Dry skin, wrinkled, devitalized, dehydrated
- Ageing skin, wrinkles
- Burns, dermatitis, acne, chickenpox
- Dry hands, cracked and brittle nails
- For protection against external aggressions (sun, rain ...)