

EVERYTHING ABOUT BARIE

(pronounced - 'buh-rie)

WHAT IS BARIE?

Barie is 100% organic cold-pressed Tunisian Barbary Fig Seed Oil or Opuncia Oil or Prickly Pear Cactus Seed Oil. It is a powerful **antioxidant** that absorbs quickly rejuvenating mature skin and giving it a lifting effect.

We recommend using Barie regularly to improve skin elasticity, firmness and natural glow. This oil helps protect skin from effects of environment, dehydration and sun damage. It has been used for centuries to **slow down aging** and **prevent wrinkles**.

Barie is a great natural product for **beautiful skin** and one of the **best natural anti-aging** skin remedies you can find. It is richer in Vitamin E and essential fatty acids than most other oils.

Price matters when you buy oil made out of Barbary Fig seeds or Prickly Pear Cactus seeds - this plant has multiple names and all names are correct. Barie is extremely expensive and labor-intensive to produce.

INGREDIENTS

100% EU organic-certified cold-pressed prickly pear cactus seed oil

HISTORY

Prickly pear cactus is North America's native that migrated and spread all over desert locations of South America, Africa and Australia. For centuries Aztecs and other native people of Americas have relied on this plant for food and healing. When prickly pear spread to other continents, so did the fabulous wealth of knowledge about its amazing qualities.

The commonly used parts of the plant are plant green 'ears' and fruit, called 'pear' due to its cylinder shape. Each pear is covered in tiny needles that are extremely annoying if you get them on your skin. You are not going to enjoy the needles but eating the fruit is well worth the effort of trying to carefully peel it.

For centuries prickly pear ears have been used to treat and cure diabetes. Pears themselves or as Mexicans call them 'tunas' were used to make jellies, juice, pickles, produce red dye. In Mediterranean Africa prickly pears are called 'hendi' and are eaten fresh, as well as used to produce Barie, amazing cold-pressed oil.

The plant itself is a great fast growing natural fence that attracts birds and some animals that use it for their own dietary needs and as an alternative source of water during draughts.

ORIGIN

Katari Barie comes from the small oil farms in Northern Tunisia on the Mediterranean coast. The fruit is collected from gigantic natural fields of prickly pear cacti and then processed on small farms that specialize in oils and oils only.

PRODUCTION

It takes over 36 hours of manual labor and over 1 million prickly pear cactus seeds from 470 kg of prickly pears to extract 1 liter (about 1 quart) of precious Barie oil.

The fruit is carefully split to extract pulp that contains seeds. Speaking from experience, it takes skill to avoid super fine needles that cover prickly pear. If you get 'lucky' and get a few on your hands, it might take a while to locate and remove. Then seeds are separated from the pulp and are sun dried. Until seeds can be cold pressed to extract virgin unrefined oil, they are stored in a cool dry place.

Oil can also be produced from cactus fruit and not the seeds. That is very different oil and has completely different set of properties. We don't produce or carry this oil.

Other ways of extracting oil from prickly pear cactus seeds produce oil that is potentially cheaper, but also oil that lacks amino acids, anti-oxidants and beneficial micro-elements. Chemical extraction and maceration techniques produce oil with a negligible amount of valuable ingredients, as most of them get destroyed in the process (unsaturated fatty acids, the natural antioxidants as well as vitamins). Some companies artificially infuse chemically extracted prickly pear seed oil with synthetic antioxidants. Therefore, it is very important that you buy the best, organic, virgin, cold pressed and unrefined prickly pear seed oil. That is the only kind Katari carries and it is called Barie.

APPEARANCE

Unrefined cold-pressed Barie has bright golden yellow color. It is usually very clear though some sediments can be part of the oil and are absolutely normal. As any oil, some thicker particles can accumulate on the bottom creating slightly cloudy appearance. Barie has slight earthy smell.

CHEMISTRY

Barie naturally contains the following elements:

- **73.4% Linoleic acid** – is a fatty acid, and a very popular ingredient in beauty products due to its beneficial properties for skin. Linoleic acid is used as topical applications to prevent/fight inflammation, treat acne, and for moisture retention. However, chemically reproduced linoleic acid does not provide the same benefits and does not get same wonderful response from the skin cells as the natural, 100% active linoleic acid in Barie
- **12.0% Palmitic acid** is a fatty acid that helps reinforce skin's healthy barrier function for a smoother surface; as we age, we can lose over half of this body lipid, which is quite necessary to maintain healthy skin
- **8.8% Oleic acid** is an Omega 9 fatty acid, which is a powerful antioxidant; it also helps strengthen cell membrane and repair cell and tissue damage. Topical application of oil that contains oleic acid produces soft, supple skin that glows with health. You can grow thicker and stronger hair when you treat it with prickly seed oil or other oils that contain oleic acid
- **5.8% Stearic acid** helps skin retain moisture and stay flexible while helping with skin damage repair

All above elements occur naturally in Barie. Please do not look for cosmetic products that are chemically infused with fatty acids and list above acids as ingredients, as they are not good for you and for your skin.

Barie is extremely rich in **tocopherols** (720 mg / liter). Tocopherol is a generic term for at least eight similarly structured from chemical composition standpoint vitamins and antioxidants, which most of us know, generically speaking as Vitamin E. Vitamin E, which we know is one of the best vitamins for our skin, is a group of sixteen liposoluble (dissolvable in fat) chemical compounds, varied in their strength and efficacy. Most vitamin E supplements consist primarily of alpha tocopherol.

CHEMISTRY (CONTINUED)

To obtain optimal health benefits from vitamin E, a mixture of tocopherols (alpha, beta, delta, and gamma) and tocotrienols (alpha, beta, delta, and gamma) are required. Some of the functions of these vitamin E fractions are similar while others are completely different. When taken together, these various forms of vitamin E work synergistically as a team to provide maximum benefits.

Barie consists of the following combination of highly potent Vitamin E compounds:

- **13.9% Alpha-Tocopherol** is most powerful of tocopherols or Vitamin E (most powerful natural antioxidant)
- **81.9% Gamma-Tocopherol** has a unique function. Because of its different chemical structure, gamma-tocopherol scavenges reactive nitrogen species, which, like reactive oxygen species, can damage proteins, lipids, and DNA. While alpha tocopherol inhibits the production of new free radicals, gamma tocopherol is required to trap and neutralize existing free radicals. It is now recognized that gamma tocopherol, like alpha tocopherol, is retained in the body and delivered to tissues. Gamma tocopherol has superior anti-inflammatory and gene regulatory activities, while alpha-tocopherol remains a potent antioxidant
- **3.0% Beta-Tocopherol** is less powerful antioxidant than Alpha and Gamma, but critical for the combination of antioxidant elements **necessary to provide full benefit for your skin**
- **1.2% Delta-Tocopherol** – another antioxidant, important for the combination and efficacy of the other ones that are part of Opuncia Elixir composition

BENEFITS

Here are just a few benefits Barie can provide for your skin:

- Protect skin against premature aging
- Tightens the skin
- Prevents wrinkle formation through regulating retinol production
- Helps promote a beautiful healthy complexion
- Reduces visibility and appearance of under eye shadows and dark circles
- Amazing moisturizer for skin and/or dry hair
- Great cuticle and brittle fingernail repair remedy

USES

Barie is very expensive, and since it is extremely potent, we recommend using a drop or two as often as you need and where you need it most in the following order of magnitude:

- Under eyes
- On face
- Neck and décolleté area
- On cuticles / nails
- On roots and ends of hair

Hair can be treated successfully with Katari Hoba (Jojoba Plant Oil), which is much more economical for a larger 'job' like hair. But if you wish to pamper yourself, use a couple of drops of Barie, or add a drop to your shampoo and/or conditioner.

APPLICATION

The best way to apply Barie is on slightly wet skin before going to bed or in the morning on slightly wet skin before applying makeup and sunscreen.

If you apply this oil on wet skin, it spreads more easily and you do not use as much product. ALSO, when you add oil to water - apply oil on a wet skin, it is the oil that creates the moisture barrier and keeps the water in the skin. So it is even better and makes more sense if you want to moisturize skin really well.

We also apply Barie on neck, décolleté areas and on hands - to make sure that skin everywhere looks similarly youthful and healthy.

STORAGE

As any vegetable oil (fruit oil in this case), Barie should be stored out of direct sunlight, preferably in a cool, dry place. We chose frosted glass, small bottles and extra packaging to keep this oil protected. Though we think that if you use Barie regularly (daily before bed), this oil will be used in 3-4 months and there will be never a concern about extra storage requirements.

Proper storage assures your oil will serve you for much longer without losing its amazing properties. 2 years is a typical shelf life for this oil.

WARNING

If you got an allergic reaction to a topical application of Vitamin E before, check if Barie is for you, as you might experience allergic reactions to tocopherol esters found in this oil.