



Carrier Oils, Essential Oils and Butters for Stretch Marks

Stretch marks, also known as striae, appear when the middle layer (the dermis) tears when it is stretched too much. When there is an abrupt change in weight, growth spurts, or an increase in muscle size, the collagen and elastin ruptures, leaving red or purple indented lines on the skin's surface, which later fade to a lighter shade of the skin's natural colour.

While stretch marks are found in men and women and are often the result of genetics, they are most commonly related to pregnancy. Although they are not painful, they can bother those who want smooth, even skin. They may appear on the thighs, upper arms, stomach, breasts, hips and buttocks. For those trying to reduce the appearance, they may use laser therapy, microneedling or microdermabrasion, but one of the simplest ways to treat stretch marks is through regular exfoliation and the use of creams and products that have some of the nutrients found in the following ingredients.



Carrier Oils, Essential Oils and Butters for Stretch Marks

Elements for Stretch Mark Products

VITAMIN A - Stimulates the production of collagen to fuel cell turnover, has anti-inflammatory and antioxidant effects. Retinoid, a vitamer of Vit A, also stimulates the production of new blood vessels in the skin, which improves skin color. Additional benefits include fading age spots and softening rough patches of skin.

VITAMIN B - The B vitamins consist of 8 different vitamers. Their benefits range from improving the appearance of fine lines and wrinkles, to improving skin tone and balancing natural oils, great for dry or acne-prone skin. B6 specifically can diminish the effects of hormonal imbalance, which can cause acne, redness and inflammation.

VITAMIN C - Aka the 'holy grail' of skin care, Ascorbic Acid, is a potent antioxidant that can neutralize free radicals, even skin tone, and promote collagen production.

VITAMIN E - Promotes antioxidant activity, repairs and improves damaged skin while simultaneously moisturizing. It naturally enhances the skin's regeneration process, thus often alleviating discoloration and pigmentation. (This is why vitamin E is often thought of as a magical antidote for stubborn acne scars).

VITAMIN F - May be exceptionally beneficial for those with inflammatory skin issues. It helps reduce inflammation as well as regulate healthy cell function, and excessive water loss. It is best for people with highly sensitive skin and conditions such as atopic dermatitis, psoriasis, seborrheic dermatitis, rosacea, and acne as it calms and soothes troubled skin.

VITAMIN K - Potential antioxidant and anti-inflammatory, with known effects to help with blood clotting. Promotes cellular metabolism and has anti-inflammatory properties, promotes wound healing by increasing wound contraction and re-epithelialization, and may have antioxidant properties.

OMEGA 3 (ALA) - Alpha-linolenic acid exhibits antioxidant properties, prevents inflammation, and increases skin's elasticity.

OMEGA 6 - Linoleic acid encourages moisture retention in skin, exhibits anti-inflammatory properties, and encourages antioxidant activity.

OMEGA 9 - Oleic acid has powerful antioxidant properties and prevents inflammation.

ARACHIDIC ACID - Shows potential to act as an emollient in creams, lotions, balms and serums, whilst showing potential for damaged skin by hydrating and restoring suppleness.

PALMITIC ACID - Shows potential to act as an emollient in creams, lotions, balms and serums. Known to soften the skin by forming a water-blocking layer, helping to retain moisture.

STEARIC ACID - Is known to possess properties that cleanse skin and hair and is also used in emulsifying creams, lotions, balms and serums.

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Carrier Oils for Stretch Marks


Carrier oils are basically oils derived from nuts and seeds of different plants. Based on the plant they have different properties. They can be used by themselves (as a moisturizer, to treat specific problems) or can be mixed with other carrier oils or essential oils. They are called carrier oils as they carry essential oils or any other absolute into the skin. The absorption of essential oil will depend on the chemical as well as physical properties of the oil.

ALMOND SWEET *Prunus amygdalus dulcis* **CARRIER OIL**



Antibacterial, antifungal, anti-inflammatory, rich in essential fatty acids (linolenic acid Omega 3, linoleic acid Omega 6 and oleic acid Omega 9), and vitamins A & E, B7 or biotin and K, which is a natural antioxidant. A great source of magnesium, phosphorus, and copper. Almond Oil's constituents will help soothe dry skin and can improve complexion and tone. The antibacterial properties and richness in vitamin A make it suitable in helping treat acne. The vitamin E content can help heal sun damaged skin, help with signs of aging, prevent stretch marks and fade scars. Almond oil also contains retinol, vitamin E, and vitamin K, which can keep the delicate skin under eyes smooth without irritating it. It can help to lighten dark circles under the eyes and reduce under-eye puffiness, thanks to its anti-inflammatory and antioxidant properties. The nutrients in Almond Oil destroy free radicals, reducing fine lines, wrinkles and sagging skin and stretch marks, which may help prevent premature aging and safeguard against sun damage.

APRICOT *Prunus armeniaca* **CARRIER OIL**



This fatty acid-rich oil can ease inflammatory conditions of the skin. It is an emollient, easily absorbed, making it perfect to help exfoliation and moisturizing. It can ease dry skin and due to its anti-inflammatory properties can help ease irritated skin conditions like rosacea, psoriasis, and eczema. It has high levels of Omega 6 linoleic acid and oleic acid Omega 9, and Vitamins A, B, E and K. It moisturizes the hair and scalp and skin, while increasing the hydration level and reducing dryness. It nourishes the skin and reduces the appearance of stretch marks, wrinkles, fine lines and blemishes by rebuilding collagen.

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ARGAN *Argania spinosa* **EXOTIC CARRIER OIL**

Is rich in Omega-6 linoleic acid, Omega 9 oleic acid, palmitic acid and stearic acid. It has high concentrations of Vitamin E, a powerful antioxidant protecting skin from sun damage. Tocopherols and polyphenols give it anti-inflammatory and skin-hydrating benefits by restoring the barrier function and maintaining moisture, which is critical for managing signs of aging by improving skin elasticity and stretch marks. It is also antibacterial and antifungal. It reduces symptoms of different inflammatory skin conditions like psoriasis and rosacea, acne, eczema, and atopic dermatitis. A beautiful oil gentle for sensitive skin.

AVOCADO *Persea americana* **CARRIER OIL**

Rich in oleic acid Omega 9 and linoleic acid Omega 6, its antioxidant properties protect and rejuvenate the appearance of skin. It's great for moisturizing, with carotenoids (acting as antioxidants), vitamin A, B, D and E, and Lecithin, a moisturising compound for hair and skin. Antimicrobial and anti-inflammatory, avocado helps skin stay smooth, strong, elastic, calms itchy skin, hydrates and moisturizes chapped skin, aiding in the repair of scars and stretch marks, shields skin from ultraviolet radiation, and protects against skin damage. Avocado oil's properties may smooth stretch marks and improve skin's elasticity.

BAOBAB *Adansonia digitate* **EXOTIC CARRIER OIL**

Has a high content of Fatty Acids: Omega 3, 6 and 9. Its anti-inflammatory properties promote rejuvenation of skin cells and wound-healing. It is an excellent moisturizer, comprised of equal parts saturated fats, monounsaturated fats, and polyunsaturated fats. Antioxidants Vitamin A protects skin from free radical damage, Vitamin C encourages the skin to produce collagen helping to repair wounds and stretch marks. Vitamin E and Vitamin D also contribute to maintaining a healthy skin barrier. The oil's antioxidant properties help in the restoration and production of collagen - a pivotal compound for repairing stretch marks.

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CAMELLIA *Camellia japonica* **EXOTIC CARRIER OIL**

A rich source of Oleic Acid Omega 9, polyphenol antioxidants, vitamins A, C, D, & E Tocopherol, make it excellent for skin conditioning properties. It also contains fatty acids linoleic Omega 6 and palmitic acids, helping to maintain moisture, protect the skin from UV and environmental exposure, arresting the effects of free radical damage. Camellia oil absorbs very quickly into the skin and permeates into lower layers of skin, promoting cell growth, and giving skin support and flexibility. It helps minimize the appearance of stretch marks and promotes healing. Vitamin A stimulates collagen production soothing signs of stretch marks. It also lightens pigmentation by increasing skin cell turnover which creates healthier new cells. Camellia oil can be especially helpful for maintaining elasticity and tone of the skin.

CASTOR *Ricinus communis* **CARRIER OIL**

Castor oil is rich in omega 6 linoleic acid and omega 9 oleic acid fatty acids, which aid in the nourishment of skin. It has anti-inflammatory and antioxidant properties. Vitamin E and minerals nourish the skin as a humectant, which promotes the retention of moisture, a great treatment for dry, dehydrated skin. Castor oil is rich in monounsaturated fat, mainly ricinoleic acid (90%). This acid helps to balance out moisture while conditioning. This can prevent stretch marks from drying out and looking more pronounced over time.

COCONUT *Cocos nucifera* **CARRIER OIL**

It's packed with omega-6 linoleic acid, anti-inflammatory, moisturising, antifungal, antibacterial and antimicrobial activity due to the medium-chain fatty acids like lauric acid. Coconut oil, containing up to 92 percent saturated fats, has the highest levels of saturates of all the vegetable oils. Its saturated fatty acid level is even higher than butter. Nature's answer to conditioning skin, coconut oil reaches lower levels of the skin, hydrating and reducing dryness that may be a cause of wrinkles, fine lines and stretch marks. It also contains tocopherol, which is an antioxidant that helps to rejuvenate aging skin. It boosts the production of collagen and encourages the regeneration of cells. Coconut Oil's constituents fight free radicals, reduce wrinkles, clear soothe skin, cellulite, moisturize and prevent premature aging and wrinkling.

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GRAPE SEED *Vitis vinifera* **CARRIER OIL**

Is rich in phenolic compounds, fatty acids Omega 6 & 9, and vitamins E & F, having anti-inflammatory and antimicrobial properties its constituents, mainly tocopherol, linolenic acid, resveratrol, quercetin, procyanidins, carotenoids, and phytosterols. Reduces puffy eyes, dark circles, lessens the forming of eye-bags, and with its deep penetration nourishes the skin from within. As it is rich in Vitamin E, this oil can help tighten and moisturize the skin. It will reduce inflammation, redness, scarring caused by acne, eczema, and rosacea and due to its antimicrobial properties will speed up the healing process and will not clog the pores. This oil has some astringent qualities and is good for oily skin and is easily absorbed. A great oil for the reduction of stretch marks, cellulite and to relieve dry itchy skin. Being a dry non-irritating oil, it does not leave a greasy film on the skin, so it is a good choice for all skin types and conditions.

JOJOBA *Simmondsia chinensis* **EXOTIC CARRIER OIL**

Is rich in antioxidant Vitamin E plus Vitamins A B, C and D. It also contains the minerals chromium, copper, and zinc, plus Omega 6 and 9, having anti-inflammatory, antimicrobial, antibacterial, antioxidant, hypoallergenic, antifungal properties. The myristic acid which is rich in anti-inflammatory properties works wonders on skin to reduce swelling and redness for rosacea-prone skin. It may help plump up and keep skin healthy for all skin types, slowing down the appearance of aging. Jojoba oil is a liquid wax and is like the sebum our own body produces. A versatile oil, jojoba oil's high mineral content will leave skin looking smoother, whilst helping protect against dryness, as it will hydrate the skin and scalp. Due to its Vitamin E content, it can help increase hydration and penetrate deep, reaching below the top layer of skin for maximum nourishment and aid to stretch marks.

MACADAMIA *Macadamia integrifolia* **CARRIER OIL**

Known to be similar to the skin's natural sebum. It is the richest botanical source of Palmitoleic acid Omega 7, as well as Omega 3 and 9, and is a highly effective anti-oxidant rich in squalene, supporting cell regeneration and can help heal burns, wounds, scars and stretch marks, reduce dermatitis and eczema. Its anti-inflammatory activity is regenerative and hydrating to the outermost layer of skin, creating a natural oil barrier that helps skin retain water. It's hypo-allergenic, making it well-suited for use on sensitive skin. It can help reduce signs of aging like fine lines and stretch marks, help keep the skin elastic and looking youthful. By destroying free radicals, the amazing nutrients in this oil may reduce fine lines, wrinkles and sagging skin to prevent premature aging and safeguard against sun damage.

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OLIVE *Olea europaea* **CARRIER OIL**

Contains healthy fatty acids - Omega 3 exhibits anti-oxidant properties, preventing inflammation, Omega 6 encourages moisture retention in skin and exhibits anti-inflammatory and anti-irritant properties, promotes and encourages anti-oxidant activity that protect and rejuvenate the appearance of youthful looking skin. It is an effective emulsifier and thickener in cosmetic formulations, oleic acid Omega 9 is a powerful anti-oxidant, preventing inflammation and contributes to the skin's suppleness and moisture levels. These antioxidant properties may reduce the appearance of aging, such as age spots, premature wrinkles, and stretch marks. It may relieve symptoms of dry skin, redness, or irritation. Rich in Vitamin A, E and K, it is a great moisturizer and helping the skin regenerate damaged skin cells, fading stretch marks, scars and smooths stretch marks. It also has antibacterial properties that will help reduce infections and breakouts. It is rich in squalene which is a compound with antioxidant, anti-inflammatory, and antibacterial properties to hydrate, lubricate, rejuvenate, soften skin, soothe irritation, and help with aging.

PRICKLY PEAR SEED *Opuntia ficus-indica* **EXOTIC CARRIER OIL**

Prickly pear oil is easily absorbed into the skin. The high levels of linoleic acid Omega 6, the abundance of Vitamin E, Minerals, Amino Acid, and Tocopherol give it high anti-oxidant and anti-inflammatory levels. Vitamin C and K antioxidants known as betalains also add to the amazing potency of this oil. It promotes wound healing by increasing wound contraction and re-epithelialization. Due to its high betalain content, the oil is also a powerful tool in anti-aging. Prickly pear oil contains many amazing compounds known to have hydrating, antibacterial, and antioxidant properties to reduce skin inflammation, as well as prevent skin damage. Prickly Pear Seed Oil boasts nearly one and half times the amount of vitamin E than found in Argan Oil. Vitamin E is known to help heal wounds faster and aid in skin regeneration reducing the appearance of stretch marks.

ROSEHIP *Rosa canina* **EXOTIC CARRIER OIL**

An excellent source of Omega 3 and 6, both are essential fatty acids collectively known as vitamin F, which is very effective for cell and tissue regeneration, which gives elasticity to the skin and helps against signs of ageing, repairing stretch marks and scar tissue. Rosehip oil is high in vitamins C and A, and a rich source of antioxidants, antiviral, antibacterial, antifungal and essential fatty acids. These vitamins can help reduce signs of skin aging and may help prevent fine lines, unsightly scars or stretch marks. Rosehip oil also contains antioxidants like tocopherol Vitamin E and carotenoids that have been known to protect the skin. It is also rich in anti-inflammatory acids that may help soften redness and irritation and it contains two antioxidants called lycopene and beta-carotene, which are effective fighters against hyperpigmentation and dark circles around the eyes.

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SANDALWOOD SEED *Santalum spicatum* **EXOTIC CARRIER OIL**

Sandalwood seed oil contains one of the rarest fatty acids found in the plant kingdom, ximenynic acid. It is a reliable source of acetylenic fatty acid called ximenynic acid (28-36.5%) which is an anti-inflammatory. Together with the emollient and nourishing properties of oleic acid with minor quantities of other common fatty acids, researchers have identified the pharmacological properties of Ximenynic acid as a potent anti-inflammatory agent that increases micro-circulation in skin and micro-vascular constriction to reduce varicose veins and cellulitis. It reduces sebum secretion (oily skin) and also reduces fat deposition under skin (Adipose tissue), which may cause stretch marks. It improves skin tone, fine lines, increases skin hydration, derma strength and increases dermal micro-circulation. It contains Omega 3, 6 and 9. Its antioxidant properties are great for healing stretch marks, scars and wounds, skin regeneration, adjuvant treatment for acne, reduction of hyper-pigmentation and more. All these properties leave the skin looking younger and healthy.

SHEA NUT *Vitellaria paradoxa* **EXOTIC CARRIER OIL**

Its tocopherol or vitamin E component may aid in fading skin scars, acne scarring and stretch marks, gradually evening out skin tone. This could give a smooth monotone complexion. The main components of Shea Nut Oil are Omega 9 Oleic Acid, Omega 6 Linoleic Acid, Stearic Acid, Palmitic Acid, and Triterpenes. The active properties boost collagen production, help promote cell regeneration by boosting circulation, keeping connective tissue strong and supple. As Shea Nut Oil easily penetrates and is absorbed almost instantly into the skin, it softens and moisturizes dry skin, leaving skin with a healthy glow. It will not leave skin greasy like alternatives. Pure shea oil is non comedogenic, so it will not block pores. It is anti-aging, anti-inflammatory and evens skin tone.



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more natural solutions
for your formulations!

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Essential Oils for Stretch Marks

There is anecdotal evidence suggest that essential oils may help to reduce stretch marks with their anti-inflammatory, antimicrobial, highly hydrating, collagen and cell regeneration, increased circulation and calming properties. They are carried into the skin with a carrier oil, cream, body butter, balm, lotion or serum.



BITTER ORANGE *Citrus aurantium* **ESSENTIAL OIL**

Tones and softens the skin, conditioning it and preventing dryness, which may reduce the appearance of stretch marks.



CARROT SEED *Daucus carota* **ESSENTIAL OIL**

The high levels of Vitamin A may help the production of collagen, which helps the skin to reproduce cells and therefore accelerate the treatment of stretch marks.



CHAMOMILE GERMAN *Matricaria recutita* **ESSENTIAL OIL**

The oil's anti-inflammatory property may help reduce chronic inflammation and accelerate the healing process to rebuild skin cells, reducing scar tissue and the appearance of stretch marks.



CHAMOMILE ROMAN *Chamaemelum nobile* **ESSENTIAL OIL**

Its antiseptic and anti-inflammatory properties may help reduce chronic inflammation and accelerate the healing process to rebuild skin cells, reducing scar tissue and the appearance of stretch marks.



FRANKINCENSE *Boswellia Serrata* **ESSENTIAL OIL**

This oil has antioxidant benefits, which may help improve skin cell regeneration, keeping skin soft and healthy, helping to heal stretch marks.

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GERANIUM *Pelargonium graveolens* **ESSENTIAL OIL**

May help boost circulation and is known to accelerate healing and fading. While boosting skin's cell regenerative ability, it can maintain skin's softness and smoothness and even out skin tone and the appearance of stretch marks.



GRAPEFRUIT *Citrus paradisi* **ESSENTIAL OIL**

This oil has skin cell regenerating ability and its powerful antioxidants may heal stretch marks.



HELICHRYSUM *Helichrysum italicum* **ESSENTIAL OIL**

This oil has the same properties as Frankincense and its antioxidant benefits may help improve the cell's regeneration, keeping skin soft and healthy helping to heal stretch marks.



JASMIN SAMBAC *Jasminum sambac* **ABSOLUTE**

It stimulates cellular renewal that may help fade stretch marks and has a sweet intoxicating scent.



JUNIPER BERRY *Juniperus communis* **EXOTIC ESSENTIAL OIL**

This oil is detoxifying and full of antioxidants, which will help heal the skin by repairing and strengthening the epidermis layer, helping reduce signs of aging.



LAVENDER *Lavandula angustifolia* **ESSENTIAL OIL**

May work to calm and repair damaged skin tissues, aiding in the reproduction of new skin cells, healing stretch marks.

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Essential Oils for Stretch Marks



LEMON *Citrus limonum* **ESSENTIAL OIL**

limonum This oil will remove dead skin cells, exfoliating and helping to diminish stretch marks.



NEROLI *Citrus aurantium amara* **ESSENTIAL OIL**

Shows powerful antioxidant potential, which may help improve skin cells regeneration, helping to repair stretch marks.



PATCHOULI *Pogostemon cablin* **ESSENTIAL OIL**

The antioxidant properties can help skin cell's produce collagen, which can help renew skin and improve the appearance of stretch marks.



ROSE OTTO *Rosa damascene* **ESSENTIAL OIL**

The oil's properties have shown to stimulate collagen production and improve skin elasticity, regenerating new cells and helping to reduce stretch marks.



ROSEMARY *Rosmarinus officinalis* **ESSENTIAL OIL**

Its cell rejuvenating and toning properties may help improve sagging, which contributes to the appearance of stretch marks over time.



SAGE *Salvia officinalis* **ESSENTIAL OIL**

With so many beneficial properties promoting anti-inflammatory, astringent, analgesic and antispasmodic activity, this oil may increase circulation, enhancing blood flow, whilst making this oil great for reducing stretch marks.



SANDALWOOD *Santalum spicatum* **ESSENTIAL OIL**

Helps the skin to retain moisture within the cells, keeping it soft and supple and aiding in restoring skin to pre-stretch mark condition.

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Butters for Stretch Marks


Cosmetic butters are produced from beans, nuts, or seeds. Their main function is to feed and nourish the skin with natural fatty acids, vitamins and minerals. Other benefits are to replenish lost moisture in the skin, increase circulation, and cell rejuvenation, and offer anti-inflammatory and antioxidant properties.

COCOA *Theobroma cacao* **EXOTIC BUTTER**



It contains fatty acids Omega 6, 9, Stearic Acid, Palmitic Acid, Arachidic Acid, Palmitoleic Acid, Vitamin E, Vitamin K, Alpha-Linolenic Acid, and Phytosterols (namely Stigmasterol). It is known for its high oxidative stability because of it being naturally rich in antioxidants and Vitamin E. It melts at body temperature and works to naturally soothe dry, sensitive skin while reducing and preventing the appearance of scars and unwanted marks, like cellulite. It is believed to have photo-protective properties that protect against harmful UV radiation. The anti-inflammatory properties moisturize and relieve skin afflicted with swelling, irritation, and redness. The polyphenols in Cocoa Butter are known to diminish the appearance of aging by enhancing skin's moisture content, skin tone, elasticity, and collagen production to reduce appearance of cellulite and stretch marks.

COFFEE *Coffea arabica* **BUTTER**



Is one of the richest sources of antioxidants, which protects the skin against free radicals. It also restores skin smoothness and protects against UV light. It improves blood flow giving skin a radiant look. It tightens the skin to reduce the appearance of cellulite, and prevents wrinkles. It's packed with vitamin E, fatty acids Omega 3 and 9 with strong antioxidants, promoting wound and scar healing. It has moisturizing properties, which give the skin a youthful look. It has a high concentration of chlorogenic acid, fatty acids, and phytosterols, both hydrating and softening to reduce the appearance of cellulite, help manage symptoms of acne, sores, itching, scaling and dead cell build-up, like scar tissue, which can result from stretch marks.

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MANGO *Mangifera indica* **EXOTIC BUTTER**

Has fatty acids Linoleic Acid Omega 6, Oleic Acids Omega 9, Palmitic Acid, Stearic Acid, Arachidic Acid and is high in Vitamin A, C, and E. Its high vitamin content protects skin against harsh environmental damage caused by overexposure to harmful UV radiation. Mango butter has moisturizing, softening and regenerative properties when applied to the skin, while reducing the appearance of dark spots. It has a protective effect against UV radiation. The emollients nourish skin by boosting its elasticity, tightening skin, making skin look smoother and firmer, reducing the appearance of fine lines, leaving the skin with a firmer appearance without leaving it greasy. The anti-oxidant, anti-inflammatory, and anti-aging properties of Mango Butter make it an effective soothing agent for skin afflicted by dryness, acne, eczema, psoriasis and dermatitis. By restoring and maintaining moisture levels and by boosting cell regeneration, Mango Butter leaves skin looking plump, thereby reducing the appearance of stretch marks.

MORINGA *Moringa oleifera* **EXOTIC BUTTER**

The main constituents of Moringa Butter are Behenic Acid, Palmitic Acid, Stearic Acid, and Omega 3, 6 and 9. Also rich in vitamins C and E, it exhibits anti-oxidant properties, soothes dryness and protect skin from the harsh elements. It's gentle on sensitive skin, replenishes the moisture barrier and promotes moisture retention, facilitating wound and scar healing. It stimulates production of collagen and cell regeneration to keep skin healthy, strong, and firm.

SHEA NUT (SHEANUT) *Vitellaria paradoxa* **BUTTER**

The fatty acid profile composed primarily of stearic and oleic acids with lesser amounts of palmitic, linoleic and arachidic acids gives it a high level of saponifiable function. It protects the skin from the harmful effects of weather and ultraviolet rays, repairs scars and stretch marks. It has high levels of vitamins A, E and F and rich in antioxidants, which can help prevent fine lines and wrinkles brought on by free radicals. It hydrates skin by restoring moisture balance that contributes to its elasticity, boosts circulation and encourage faster regeneration of healthy skin cells. Shea butter contains triterpenes, a naturally occurring chemical compound that is thought to deactivate collagen fibre destruction. Shea Nut Butter has sun protection properties and acts as an emollient. It has anti-aging and anti-inflammatory properties. It is solid at room temperature but melts when applied to the skin.

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Need some help or more information? Please contact our ingredient experts for customised recommendations based on your objectives. sales@napproducts.com

SAFETY FIRST

Essentials oils can be 50-100x more concentrated than natural levels in the plant. Take caution and always mind best practices when using oils. If applying topically, they should be diluted into a carrier oil and ONLY IF they are recommended for ingestion or inhalation, be sure to follow recommended dosage.

EXTERNAL RECOMMENDATIONS

Essential oil:

Several drops rubbed into the skin. (This may be diluted at 30 ml essential oil to 500 ml of a suitable carrier such as vegetable oil.)

Ointment:

Semi-solid preparation containing 5-20% essential oil (in carrier oils, creams, or lotions) for local application. (Salve)

Tincture:

Aqueous-alcoholic preparation containing 5-10% essential oil for local application.

Inhalant:

Add a few (2-5) drops of essential oil to hot water or to a vaporizer; deeply inhale the steam vapor.

Many of our conventional oils and products are also available in Organic form. Those that are Organic are certified by the USDA and Oregon Tilth. Please contact us for more information on our Organic products.



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DISCLAIMER

We always aim to source high quality ingredients and have a large range of respected suppliers from around the world. This list is a guide only, correct at the time of publication. If you are after an oil not on our list, please contact us and we can see if we can source it for you. As products are plant sourced and natural, availability is reliant on many factors outside our control. Despite our best efforts, we cannot guarantee the availability of any of our products at any given time. The use of the products listed in this document is to be considered as a guide only and further advice should be sought from your formulating chemist and/or health practitioner.

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