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Argan Oil



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Argan Oil: An Overview

Background Information:

- Argan oil is a plant oil produced from the kernels of the argan tree, which is native to Morocco.
- In Morocco, argan oil can be used to dip bread in, or drizzle on couscous or pasta.
- Women in Morocco have also used argan oil for beauty rituals since ancient times
- Many others throughout history have used argan oil to treat rashes, burns, and bug bites because of its soothing properties.

Types of Argan Oil:

- There are two types of Argan oil
- One is for cosmetic use, another is for culinary purposes.
- Argan oil for cosmetic use is made from unroasted, raw kernel pits.
- Cosmetic argan oil is more expensive than culinary argan oil because unroasted pits produce less oil.
- Cosmetic Argan oil has a slight nutty scent when applied, but that scent fades within a few minutes.

Composition:

Organic Arganina Spinosa Kernel oil – 100% pure cold pressed virgin oil –
Nothing added or taken away.

Argan oil has 80% essential fatty acids (omegas 3, 6 and 9: 50% linoleic acid, linolenic acid 15%, acid 12% oleic acid, arachidonic acid 1%, 3% linolenic acid)



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Argan oil has antioxidant qualities (helps fight wrinkles)

High content of Vitamin E

Security Warning:

Keep out of reach of children. Avoid Contact with eyes. If irritation, redness, or discomfort occurs, discontinue use. Not for internal use.

Argan oil has been used for centuries in Moroccan history, and no acute or chronic toxicity levels have been found.

Eve Hansen's Argan Oil Summary:

“Enjoy silky hair and the natural freshness of your face and skin. Our argan oil has amazing healing and anti-aging properties to keep your hair and skin revitalized and nourished. Use as a daily moisturizer or treatment for hair, face, body, and nails. Our oil is luxurious and light-weight. It quickly absorbs and deeply penetrates making it ideal for all hair and skin types”





Argan Oil: Beauty Benefits

Ways to use Argan Oil:

- Nighttime Moisturizer
- Hydrating Skin Toner/Makeup Primer
- Stretch Mark Treatment
- Lip Conditioner
- Acne Treatment
- Skin Exfoliator
- Leave in Hair Conditioning/Hair Styling
- Deep Conditioning Treatment
- Nail Treatment
- Dry Feet & Heel Treatment
- Razor Bump/Burn Treatment

1. Night-time Moisturizer

Use argan oil as a nighttime moisturizer to reduce fine lines, wrinkles and keep the gentle face area moisturized. After washing your face with a cleanser, pour a drop or two of argan oil into your palm and apply in a circular motion to face and neck. Argan oil is gentle, safe to use around eyes, and does not leave an oily residue. Because it is rich in Vitamins A & E, argan oil is ideal for helping skin remain soft and radiant.

2. Hydrating Skin Toner/ Makeup

Argan oil can be implemented into your skin care routine by being simultaneously used with your skin toner. Apple 2-4 drops of argan oil into your favorite skin toner to hydrate and tone your skin at the same time.



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Using argan oil with your toner can provide your face with a natural glow like never before.

Also, argan oil can be used in a daily makeup application routine. Apply 2-4 drops of argan oil in your foundation, bronzer, or highlighter to add that extra pop of glow to your look and to make your makeup last longer.

3. Stretch Mark Treatment

If you are worried about developing stretch marks, or have developed a couple of them already, then argan oil is the product to use.

Because argan oil improves the elasticity of skin, this can in turn help prevent the formation of stretch marks. Apply a few drops to the palm of your hand and begin to massage your stomach, thighs, hips, and any other area where there is stretch mark formation potential. The vitamins A and E in argan oil will help rejuvenate and moisturize the skin, thus making stretch marks less likely to form.

If you already have stretch marks, mix argan oil into brown sugar, and then rub into the affected areas before your next bath. Rinse off the scrub solution and then apply argan oil once again to the affected areas before getting dressed.

4. Lip Conditioner

Argan oil is not just for skin and hair, it also makes for an ideal product to use on your lips. Argan oil may be used as a lip balm treatment or even as a chapstick substitute. Rub 1-2 drops of argan oil onto lips and wipe away any excess oil.



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Argan oil will heal cracked lips and will keep your lips soft and conditioned. Use argan oil as a lip treatment regularly for long-lasting, smooth results.

Wear a few drops of argan oil over your favorite lip stain to add a layer of gloss and shine!

5. Acne Treatment

Along with its many benefits, argan oil can also be used to treat acne. Studies show that argan oil has proven to reduce sebum levels in individuals with oily skin. Argan oil's high linoleic acid content helps reduce inflammation caused by acne, infections, and bug bites. In addition to reducing inflammation, argan oil helps heal damaged skin cells.

To fight acne, place a couple of drops in your palm and lightly pat it onto problem areas. In order to fight whiteheads, mix a couple of drops of argan oil, and a couple of drops of tea tree oil into your favorite toner and apply to problem areas. Argan oil and Tea Tree oil complement each other when fighting stubborn acne, inflammation, and scarring.

6. Skin Exfoliator

Exfoliation is an important and beneficial step in skin care. It helps reduce fine lines and wrinkles, brightens your complexion, and helps remove dead skin cells. To make your own exfoliator, mix 1 tablespoon of brown sugar with a couple of drops of argan oil in your hand. Rub mixture into face in circular motions for a couple of minutes. Rinse with warm water and dry. When mixing argan oil into your exfoliator, you get the benefits of



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exfoliation in addition to the moisturizing and anti-aging effects of argan oil.

Keep in mind, this exfoliator does not just have to be used on the face. Apply exfoliator to any part of your body to remove dry and dead skin flakes.

7. Leave in Hair Conditioner/ Hair Styling

Argan oil also has wondrous benefits for the hair. Because argan oil is non-greasy, it makes the perfect leave-in conditioner that makes your hair softer, shinier, tamer, more voluminous, easier to style, and protected from heat, all while repairing its dryness and damage.

As some research indicates, argan oil may even encourage hair growth. Therefore, be sure to rub the oil in to your scalp as well.

8. Overnight Deep Conditioning Treatment

Argan oil can be used as an overnight conditioning treatment. To fight dry hair and breakage, do an overnight deep conditioning treatment once a week with argan oil.

- Squeeze 4-10 drops of argan oil into hand
- Massage argan oil into scalp.
- Then, apply the oil all the way to the tips of your hair.
- Next, put on a shower cap before going to sleep.

The natural body heat retained in the shower cap will give the oil the ability to penetrate hair follicles, while keeping your pillowcase and bed mess free.



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- In the morning, wash your hair until all sight of oily residue is completely gone
- Continue with weekly treatments until desired results are obtained

9. Nail Treatment

Argan oil can also make for a perfect nail and cuticle treatment.

- Remove all nail polish from hands and feet, and rinse well
- Put half a drop of argan oil directly onto each nail
- Rub into the nail bed and cuticle
- Leave on for 10 minutes
- Wash and rinse thoroughly

The oil will help nourish your nails, and moisturize your cuticles.

10. Dry Feet / Heel Treatment

To fix dry/cracking skin on your feet and heels, rub a couple of drops into your feet. Increase the number of drops depending on severity of dryness. Cover with a pair of socks to give the oil an opportunity to soak in. Leave socks on for at least 20 minutes and up to overnight.

11. Razor Bump/Burn Treatment

Razor bumps and burns are uncomfortable, unwanted, and unfortunately, far too common. Use argan oil to effectively heal and soothe burns and bumps all over your body. Both men and women can use this treatment, as argan oil is safe for any part of the body, including the face.



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To use this treatment, place a couple of drops of argan oil into hands and lightly massage into affected area. You will not be disappointed with the results!

Argan Oil: Health Benefits

- In addition to its many beauty tricks, argan oil is also beneficial for the user's health. Argan oil is made up of two rare plant sterols called schottenol and spinasterol. The combination of these two sterols that are found in this oil have show to reduce inflammation, increase heart health, and fight against the spread of malignant cancer cells.
 - When using ingestible argan oil, the user will notice a decrease in inflammation throughout the body. Argan oil can also be used as a topical anti-inflammatory to treat skin diseases like eczema, chicken pox, and psoriasis.
 - Argan oil has been known to benefit the heart because it stimulates circulation and prevents the intestines from absorbing cholesterol. Additionally, because argan oil intensely improves blood flow, it has shown to help in bone diseases such as arthritis and rheumatism.
- On a study that was conducted, 5 oils were used in order to test which one is the most beneficial for boosting the immune system. Out of the 5 oils tested, argan oil strengthened immune systems more significantly than the other oils.



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- Another study proved that argan oil helps treat diabetes and hypertension. The oil is able to combat insulin resistance, and prevent obesity related health problems.



Eve Hansen's Argan Oil is a versatile oil to help tackle dry and damaged skin, hair, and nails!



As this guide explains, argan oil has many uses and essential benefits it provides the user.

Use the tricks and tips listed to ensure you make the most out of your purchase.

Enjoy using your Argan Oil!

Eve Hansen