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# Sweet Almond Oil



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## Almond Oil: An Overview

### Almond Oil: Background and Origin

Almond oil is one of the best oils for hair and skin care. It contains lots of nutrients and beneficial properties which make it such a powerful cosmetic ingredient. The results obtained by using almond oil on skin can be comparable to that of many powerful skin care products, sans all the side effects.

It can help one get rid of dark circles, eye bags, dryness, and dark spots in as little as weeks! Sweet almond oil is also safe to ingest internally. In fact, it is well reputed as a medicinal oil in the Unani system of Medicine.

### Source of Extraction:

Almond oil is extracted from almonds. There are many varieties of almonds, but they are generally classified into two categories:

- Bitter Almonds – These are almonds that are bitter to taste. They are hardly ever eaten, or used in recipes. Bitter almonds however are used to produce bitter almond oil. These almonds contain a small amount of hydrogen cyanide, which is extremely poisonous. Therefore, just a few of these almonds can lead to a vertigo, or even death.

- Sweet Almonds – These are the almonds that we are accustomed to eating. They are used to produce sweet almond oil. This oil has a sweet taste, making almond oil one of the tastiest oils.

### Properties:

Let us look into the therapeutic properties of both sweet and bitter almond oil.

In general, the properties of sweet almond oil and bitter almond oil are similar for



topical application. For internal use, only sweet almond oil is used because bitter almond oil is hazardous when ingested.

Below are the major properties of Almond Oil.

- Anti-Inflammatory – It reduces inflammation topically and also when ingested.
- Antioxidant – Almond oil possesses mild antioxidant capacity.
- Immune Booster – Topical as well as internal application of sweet almond oil boosts immunity and provides robust protection from various diseases.
- Anti-hepatotoxic – Almond oil is known to aid the liver in eliminating toxins.
- Emollient – excellent moisturization property. It is used to eliminate excessively dry skin.
- Sclerosant – Used to treat vascular issues like spider veins, hemorrhoids and varicose veins.
- Laxative – promotes defecation and relieves constipation. This laxative action is mild as compared to stronger laxatives like castor oil.
- Analgesic – almond oil is mild pain reliever
- Muscle Relaxation – massage with almond oil soothes stressed and sore muscles.
- Cicatrizant – helps wounds heal faster.
- Anti-dandruff – it dissolves away dandruff flakes from the scalp.

These beneficial properties of almond oil makes it useful in many personal conditions. It also provides several health benefits.

#### Nutritional Information:

Almond oil is reputed for its nutritional quality. It is high in Vitamin E. 100 gm of Almond oil provides about 200 % the daily requirement (RDI) of Vitamin E.

Almond oil contains the following macro composition within fats in 100 gm oil.

- Saturated Fats – 6.2 gm
- Monounsaturated fats – 69.9 gm
- Polyunsaturated fats – 17.4 gm

#### In Depth Nutritional Profile:



Nutrient	Percentage
Palmitic Acid	6.5 %
Stearic Acid	1.8 %
Palmitoleic Acid	0.6 %
Oleic Acid	69.39 %
Linoleic Acid	17.40 %
Alpha Linolenic Acid	0.1 %
Arachidic Acid	Traces
Eicosenoic Acid	Traces
Behenic	Traces
Erucic	Traces

### Eve Hansen's Sweet Almond Oil

Sweet Almond Oil (Prunus Dulcis) – 100% Pure Cold Pressed Carrier Oil – Nothing Added or Taken Away.

*'Our 100% Pure and Natural **Sweet Almond Oil** is an amazing moisturizer from head to toe. It is easily absorbed, promoting clear, soft, and healthy-looking skin. It works wonders for your hair, scalp, face, body and feet.*

*Sweet almond oil is perfect for all skin types and makes an excellent massage oil to relieve muscle pain and stress.'*

How to use; Apply several drops to your palm and gently pat and massage into the desired area to soften and smooth. For the face, use sparingly after your cleansing routine and allow for full absorption.'



## Almond Oil for your Skin

Almond oil is a popular essential oil commonly used in aromatherapy and is suitable for most skin types. Its gentle nature makes it a common ingredient to use in baby products and a range of skin care products. Below are some of the benefits of almond oil for skin.

### 1. Makes Skin Healthier

Almond oil is rich in vitamin A, B and E, which are great for skin health. In fact, most skin care products have these vitamins loaded in them. The oil helps maintaining moisture levels of the skin and gets absorbed in a jiffy without blocking the pores.

Overall, almond oil for skin care helps:

- Improve the complexion and retaining glow
- Moisturize better and deeper
- Soothe skin irritation and skin inflammation
- Relieve dry and irritated skin
- Nourish skin, making it softer and smoother
- Cure chapped lips and body rashes.



## 2. Delayed Signs of Ageing

Almond oil is excellent to reverse and prevent signs of ageing by renewing skin cells and invigorating the skin, ensuring younger, fresher and more radiant skin.

## 3. Reduces Dark Circles

If you are looking for a natural solution to get rid of dark under eye circles, almond oil is most suitable.

Simply apply the oil before going to bed and allow it to work while you sleep. For optimum results do so regularly for a couple of weeks at least. The treatment will help you get rid of dark circles as well as reduce dark eyelids and crow's feet.

## 4. Removes Impurities and Dead Skin Cells

The skin tends to look dull due to dead skin cells that originate due to external factors like pollution, dirt, sweat, etc.

In order to get rid of these dead skin cells and brighten the skin, make a pack by crushing 4-5 almonds, a teaspoon of milk, little lemon juice and gram flour. Combine the ingredients and apply on the face for at least 30 minutes before washing it off with water. Alternatively, a scrub can be made using a tbsp. of almond oil and a tsp. of sugar. Massage this scrub on the face in small circular motions to get rid of dead skin cells and blackheads.

## 5. Good solution for Psoriasis and Eczema

Almond oil helps in reducing inflammation, itching and redness of the skin. Make a mixture by adding 2 tbsp. of almond oil, 5 drops of German Chamomile oil, 5 drops of lavender oil and 3 drops of vitamin E oil. Apply the mixture to the skin several times a day to ease the symptoms and get rid of cracked skin and other skin problems.

## 6. Reduce Tanning

Due to sun exposure, many parts the face and body tend to get darker and tanned. To remove the layer of tan, make a paste of almond oil, honey, lime juice and milk powder. Apply the paste on the affected area and leave it on for 20 minutes before washing with water. This will help get rid of the tan and also restore lost moisture of the skin.

## 7. Treats Chapped Lips



For soft and pink lips, a simple way is to use almond oil. Make your own natural lip balm by mixing almond oil and some honey. Store the mixture in an empty container and use it on the lips whenever they feel dry.

### 8. Use for Glowing Skin

A simple almond oil recipe for enhancing skin health and its glow is:

Ingredients:

- 1 tablespoon almond oil
- 1 tablespoon honey
- 1/2 avocado

Procedure:

- Mash the avocado and mix in all the ingredients to form a puree.
- Apply the mix to the skin on all areas.
- Leave it on for 15-20 minutes before rinsing with warm water and pat dry.

### 9. Wrinkles and Fine Lines

Are those fine lines and crow's feet spoiling your whole facial look? Be prepared to pamper your skin with a weekend almond oil massage as this is one of the most well-known benefit of almond oil. This will help in improving the blood circulation and tightening up dull, aged skin.

- Simply heat 2 teaspoons of almond oil and pour 2 drops of Vitamin E oil to it. After it comes to bearable heat, start applying this oil on your face and massage gently with finger tips in circular motion.
- Continue this process for about 10-15 minutes and wipe off your face with a soft towel or tissue.
- Splash water and pat dry. You're done!

This facial massage repairs skin and helps eliminate wrinkles and fine lines with regular use. It also moisturizes and nourishes the dry skin.

### 10. Ideal Makeup Remover

Almond oil is a light and less greasy option that acts as an ideal makeup remover. Almond oil effectively opens the pores and ensures all makeup is properly removed.





Moreover, it averts the odds of acne and pimple occurrence and can be used for all skin types.

### 11. Substitute for Hand and Foot Cream

Almond oil is also a light and less greasy substitute for hand and foot creams. Due to its lightness, it is absorbed by the skin very quickly. Moreover, it also leaves a sweet fragrance behind. Due to its rich zinc properties, it is known to heal the skin and get rid of dry and cracked skin on all parts of the body.

## Almond Oil for Hair:

Almond oil adds luster and makes hair look and feel healthy. Due to the many cosmetic benefits of the oil, it is used in a wide variety of beauty treatments. Below are some benefits of almond oil for hair.

### 1. Long and Healthy Hair

Almond oil is a rich source of magnesium which is used in a variety of hair products. Deficiency of magnesium can result in heavy hair fall. Apply almond oil once or twice a week to moisturize the scalp. This reduces hair fall and improves hair quality. After massaging, soak a towel in hot water and wrap your hair with it. This ensures better absorption of the oil.

### 2. Leaves Hair Shiny and Soft

Make a mixture of mashed avocado and sweet almond oil and apply it to the hair as a hair mask. Leave it on for 30 minutes before washing with your shampoo and conditioner. The mask ensures shinier and softer hair.

### 3. Treats Dandruff

Almond oil works effectively to cure dandruff on the scalp by removing dead cells. A mixture of mashed gooseberry and almond oil put on the hair and left for 30 minutes, followed by a hair wash, is sure to soothe the scalp and ensure shinier hair.

### 4. Reduces Scalp Inflammation

Our scalp is regularly exposed to dust, heat, pollution, and chemical styling products which leads to inflammation. And ignorance of this problem can lead to dandruff, scalp infections and hair fall. Almond oil should be regularly used on the scalp to reduce the



inflammation and the effects of these issues. Due to its high content of fatty acids, it moisturizes and softens scalp tissues and improves blood circulation, which helps in reducing the inflammation.

### 5. Substitute for Shine Enhancers and Leave-In Conditioners

Almond oil is light in texture and makes a great substitute for shine enhancers or leave-in conditioners for hair. For those with dry hair, almond oil on hair has high moisturizing properties due to the essential fatty acids it contains.

## Almond Oil: For Your Eyelashes

Get Naturally Long and Full eyelashes with Continued Almond Oil Use! If you always dreamt of having big flirty lashes then make sure you have a bottle of almond oil.

You can simply use an old mascara wand, dip it in the almond oil and apply the oil on the eyelashes just like you would mascara. Repeat it a few times and ensure that all the eyelashes are covered in oil. You can do this simple recipe before sleeping or whenever you have some leisure time to get natural fuller eyelashes.

## Almond Oil Health Benefits:

Eating raw almonds is very beneficial for one's health. However, sweet almond oil has its own set of benefits for health including:

### 1. Regulates Blood Pressure and Maintains Cholesterol Levels

Almond oil has a high potassium content and low sodium content that helps regulate blood pressure and maintains cholesterol levels. This prevents development of cardiac related issues.

### 2. Prevents Heart Ailments

Almond oil is rich in folic acids, unsaturated fats, protein and potassium. All these are proved to be beneficial for cardiac health. Simply add a teaspoon of sweet almond oil in your daily cooking to enjoy its benefits.

### 3. Nervous System Health

Almond oil boosts memory and strengthens the nervous system.



#### 4. Boosts Immunity and Aids Digestion

Almond oil is known to boost immunity and regular consumption makes the body stronger to fight common infections. It also proves to be an effective laxative and aids digestion.

#### 5. Enhances Blood Circulation and Baby's Bone Development

Massaging with almond oil enhances the body's blood circulation and also helps development of the bone system in a baby. Give your baby a regular massage with almond oil for soft skin and healthy bone development.

#### 6. Relieves Pain and Stress of Muscles

Almond oil has analgesic properties that help relieve pain and stress from strained muscles. A few tablespoons of heated almond oil, when massaged into the affected area, gives instant relief from joint pains.

#### 7. Promotes Healthy and Strong Nails

To get healthy and strong nails, massage cuticles and nail beds with a few drops of almond oil. The potassium and zinc content leaves the nails stronger and more hydrated, making them less prone to peeling or breakage.



**Eve Hansen's Almond Oil is one of the best natural healing products for your family!**



As this guide shows, Almond Oil offers you a wide variety of treatments for everyday health issues. This amazing oil is one of the best products to have in your medicine chest.

Use these suggested treatments, and any time you have a health issue that you think Almond Oil can help, give it a try. Just make sure you stay safe by reading the safety warnings on the product and you should see great results.

Enjoy using your Almond Oil!

**Eve Hansen**