

**ecla**  
SKIN CARE



# Prickly Pear Seed Oil

*Usage, Tips & Recipes*

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If you have questions about the product,  
or if there was any damage, or if anything  
made you unhappy...

Please contact me directly by replying to  
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[support@eclaskincare.com](mailto:support@eclaskincare.com)  
and I'll do my best to make it right!

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I want to personally thank you for trusting us with your order. We're a small, family-owned and operated business, and we're dedicated to bringing you the best and the highest quality products. We always strive to create the most natural, organic products to serve your health and beauty needs and we take pride in our excellent customer service.

Here is your Tips and Recipes book with lots of interesting and useful information and how to use your product. I hope you will find some very useful and perhaps even surprising tips from our customers on how to get the most out of your purchase.

Please don't hesitate to contact us if you have any questions. We are here to serve you!

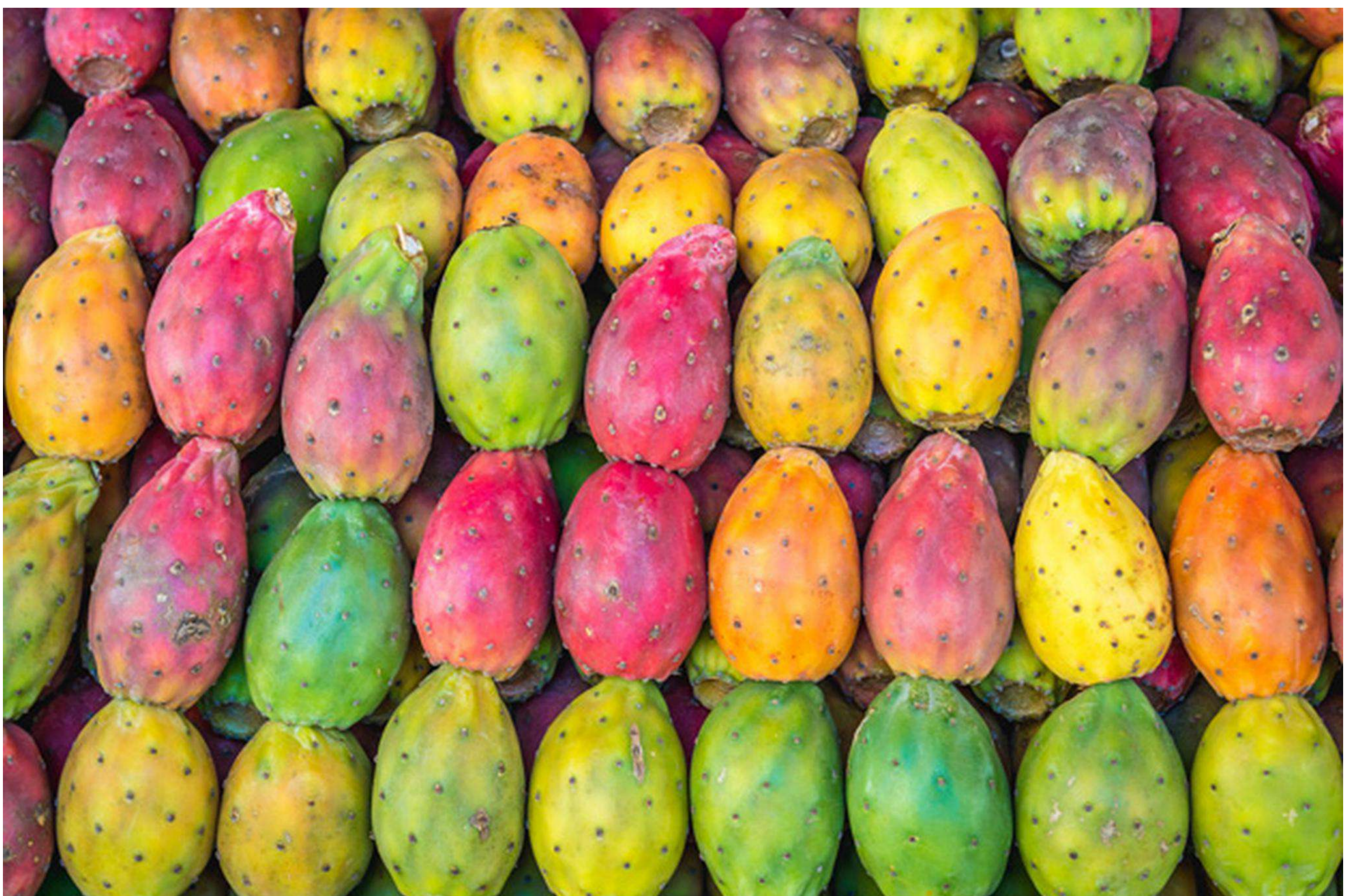
Best Regards,

Tim Ouhbi

Co-Founder, Ecla Skin Care

One of the most recent discoveries in natural and organic cosmetics is the Prickly Pear Seed Oil. It is moisturizing, soothing oil derived from the prickly pear cactus plant that thrives in several arid and hot places of the world and most successfully in Morocco. This oil is extremely rich in vitamin E, fatty substances and brimming with antioxidants, which is one of the most powerful, luxurious skin care ingredients in the market.

Ecla Prickly Pear Seed Oil is non-comedogenic; it can be used on a daily basis, best after cleansing and exfoliating your skin — without fear of clogging pores. It is costly because of the huge amount of prickly pears needed to produce very small amounts of oil. This oil is highly coveted for its benefits to the skin and for its wonderful healing properties.



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# Face & Skin Benefits

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The seeds of this fruit are cold-pressed to prepare a beauty oil. It possesses many properties that give it the following benefits:

## HIGH IN TOCOPHEROLS (VITAMIN E)

Prickly pear seed oil contains almost 150% more vitamin E than argan oil. Wild, right? (Vitamin E is found in tocopherols, a class of eight different organic chemical compounds.) This naturally occurring antioxidant acts as a free radical scavenger, preventing them from causing damage that leads to signs of aging. It also has serious anti-inflammatory properties, helping wounds heal faster, and can even repair damage caused by UV rays and environmental pollution. It's great for sunburns and redness as well.

## BRIGHTENS DARK SPOTS

Prickly pear oil is particularly renowned for its skin brightening properties. It helps brighten under-eye circles and improves the appearance of dark spots and uneven skin pigmentation. The Linoleic acid, which is a fatty acid, nourishes the skin and eliminates dullness, darkness and discoloration, while the high levels of vitamin E have exceptional transformative properties for mature skin.

## POTENT SOURCE OF POLYPHENOLS

These compounds are a real powerhouse: Not only do they boast antioxidant, anti-inflammatory, and anti-carcinogenic properties, but they also fight oxidative stress—an imbalance between free radical production and the body's ability to defend against them. Like tocopherols, they are also free radical scavengers. Polyphenols prevent and treat sun damage, and can help with redness and irritation.

## TIGHTENS THE APPEARANCE OF PORES

Essential fatty acids in Prickly Pear Seed Oil keep the collagen layer of your skin nourished, and this helps your pores tighten for a flawless appearance.

## HIGH IN VITAMIN K

Prickly Pear Seed oil is an excellent source of Vitamin K, a favorite component among skin care experts due to its role in the prevention of wrinkles. By preventing the absorption of calcium into your skin's fibers, vitamin K helps prevent the development of fine lines and lightens your under-eye circles. Vitamin K can also aid in the treatment of other skin conditions such as stretch marks, scars, bruises, acne, and burns. There's a world of difference between this natural retinol and synthetic forms of vitamin K that are found in many skincare products. In their synthetic form, fat-soluble vitamins are exceptionally dangerous, as they can build up in your fatty tissues and cause toxicity. On the contrary, the natural vitamin K in prickly pear seed oil is both effective and safe for any chapter of life, even during pregnancy!

## LEAVE DARK CIRCLES IN THE DUST

Dark circles under the eyes can be due to lack of sleep, dehydration, and oxidative stress. The Vitamin K in Prickly Pear Seed Oil keeps your skin glowing and bright, especially in the delicate areas beneath your eyes.

## SUPER MOISTURIZER

Prickly Pear Seed Oil is high in phytosterols, especially beta-sitosterol, which provides antioxidants and antibacterial and anti-inflammatory properties. This component of prickly pear seed oil is similar to cholesterol, as it binds to water. This is great news for our skin—when applied topically, water-binding phytosterols help the skin retain moisture, making for a strong, healthy skin barrier. They also assist in collagen production, keeping our skin youthful and soft, and have even been found to reverse the effects of aging.

### BEST NATURAL ACNE TREATMENT

Sufferers of acne usually have higher levels of oleic acid in skin compared to linoleic acid. It is therefore beneficial to use a non-pore clogging oil rich in linoleic acid to help achieve balance in skin. Enter prickly pear seed oil – its high linoleic acid content helps prevent sebum from hardening and thus prevents blocked pores, which would lead to acne and spots.

### REVITALIZE YOUR COMPLEXION

Prickly pear oil can strengthen the walls of your blood vessels, reducing stretch marks, under-eye circles, and spider veins to reinvigorate your skin so that you wake up looking and feeling inspired and ready for the day, every day.

### PERFECT FOR ANY SKIN TYPE

Prickly Pear Seed Oil is ideal for mature skin due to its exceptional hydrating and illuminating ability, but because it also has a comedogenic rating of 0 out of 5 (meaning it should not clog pores), it is effective with combination skin or those who struggle with acne too. For those wanting to tackle the signs of aging before they happen, Prickly Pear Seed Oil is a must, particularly if toxin-free, natural skincare is important.

### WHAT CAN YOU EXPECT FROM USING PRICKLY PEAR SEED OIL ON MY SKIN?

- Restored elasticity
- Brightened and more even-toned complexion
- Softer, nourished, and moisturized skin
- Tightened pores
- A reduction in the appearance of dark under-eye circles
- A reduction in the appearance of fine lines
- Prevention of premature wrinkle formation

### WHY CHOOSE US?



100% Organic  
Cold Pressed  
Premium Quality  
Made in Small Batches



# Other Benefits

## NOURISHES THE HAIR

The rich and abundant minerals, fatty acids, vitamins, and other such elements in the prickly pear seed oil make it a very good treatment for hair. It nourishes the scalp and hair by providing the healthy oils they may be lacking. It restores the strength and luster of hair and makes them shiny. A special mention is required for prickly pears vitamin E content that can deeply condition the hair.

## NAIL TREATMENT

We already know that the oil from the seeds of Prickly pear fruit contains plenty of fatty acids, minerals, and vitamins that can benefit the skin but its usefulness is beneficial for nails too. It deals with brittle and soft nails, strengthens nails and nourishes the cuticles, and brings back the enamel of nails

## MAKES YOUR HAIR SHINY

You can use prickly pear oil to make your hair glossy. This oil can give you double the number of fatty acids and protein than Argan oil, which is a popular oil used for restoring the natural hair shine.

## REDUCES HAIR LOSS

The pulp of this fruit is often added to hair care products as its antioxidants and anti-inflammatory compounds can give relief from many scalp conditions and, in turn, reduce hair loss and stimulate hair growth.

Diminish the Appearance of wrinkles

Heal Dark Circles

Decrease the Appearance of Puffy eyes

Moisturize & soften the skin

Treat & Calm inflammations

ecla SKIN CARE  
PRICKLY PEAR SEED OIL  
ANTI-AGING SERUM  
SÉRUM ANTI-ÂGE  
Nourish · Protect · Regenerate  
15 ml 0.5 fl oz

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# How To Use Prickly Pear Seed Oil

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Ecla Prickly Pear Seed Oil is best incorporated into your beauty routine as a night serum. Fast-absorbing and ultra-hydrating, simply massage a few drops into the face after cleansing, then continue with your moisturizing as per usual. And while it's most commonly praised for its role in skincare, it's also an excellent treatment for dry or lackluster hair. A few drops of the pure stuff goes a long way.

## HOW TO USE FOR FACE?

1. Apply 1-2 drops of oil into your hands.
2. Massage the oil into your skin working upward to avoid pulling on your skin and causing any additional issues. Don't
3. forget around the eyes, lips and any areas with wrinkles.
4. Use Prickly Pear Seed Oil as a standalone serum and moisturizer or layer it with your favorite moisturizer.

## WHEN TO USE IT?

### 1. Day Moisturizer

While many people shy away from using serums during their morning routine, using prickly pear seed oil will give you a glowing complexion and will never leave a greasy residue as it instantly absorbs into your skin.

### 2. Evening serum

The ideal time to apply is before going to bed to allow the oil to work overnight. It will nourish your skin and you will wake up to a soft and hydrated skin.

## HOW TO USE IT FOR HAIR?

You can also mix it with Argan or Jojoba Oil to help with dry, chemical or heat damaged hair. Put the oil into the palm, warm and work the oil through your hair. Wrap the hair in hot towels and leave for 30 minutes. Try to keep the hair hot during the 30 minutes changing the towels if necessary. Wash and rinse if necessary with a cleansing – preferably chemical-free shampoo. Where the ends of the hair shaft are split, damaged or where it is frizzy work a few drops into the hair using your fingertips. You can simply add a few drops in your shampoo or conditioner.



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# TIPS AND RECIPE

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As mentioned earlier, Prickly Pear Seed Oil is best used as a standalone serum but we also wanted to share with you some of the recipes that our customers have tried and loved.

## ANTI-AGING FACE SERUM

### INGREDIENTS:

- 15ml cobalt glass dropper bottle
- 5ml Prickly Pear Seed Oil
- 1 drop geranium essential oil
- 2 drops lavender essential oil
- Jojoba oil (fill the rest of the bottle)



### DIRECTIONS:

Apply several drops on your face before bed or in the morning and allow a few minutes for the oil to completely absorb into the skin (jojoba oil needs time to absorb).

## UNDER-EYE BRIGHTENING SERUM

### INGREDIENTS:

- 5ml cobalt glass dropper bottle
- 4 ml Prickly Pear Seed Oil
- 2 to 3 drops rose-hip oil (organic)



### DIRECTIONS:

Before bed, drop a few drops on your finger and gently apply it around your eye (get those blasted crows-feet too!) try not to get it in your eyes please... A little goes a long way with this serum

## SUPER MOISTURIZING BODY BUTTER

### INGREDIENTS:

- ½ cup of Coconut Oil
- ¼ cup of Shea butter
- 20 drops of Prickly Pear Seed Oil



### DIRECTIONS:

- Melt the coconut oil and shea butter on a stovetop, gently over low heat.
- When these oils become liquid, remove them from the heat and set aside to cool. This should take about 15 minutes.
- Then, transfer them into a clean glass bowl. Put this bowl into the freezer for 10 minutes and make sure to remove it promptly. You don't want the oils to harden thoroughly. The right texture is for it to start becoming solid right around the edges.
- Transfer the partially solid oils to a mixing bowl.
- Whip on high speed for about 12 minutes.
- Just before you're finished, add 20 drops of Prickly Pear Seed Oil.
- Store in a clean covered glass jar and use as needed. Can be used for face and body.



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# TIPS AND RECIPE (2)

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## FACE-BRIGHTENING MASK

### INGREDIENTS:

- Prickly Pear Seed Oil – 3 to 5 drops
- Honey – 1 tbsp
- Fresh Lemon Juice – 2 tbsp



### DIRECTIONS:

- Mix all the ingredients and massage onto a clean the face for 5 minutes.
- Leave the mixture on the face for 10 more minutes and then rinse with cold water.
- This mask improves the texture and complexion of the face. It also adds a glow to the face.

## HAIR PROTECTION SERUM

### INGREDIENTS:

- Prickly Pear Seed Oil – 2 drops
- Olive oil or Jojoba Oil or Argan Oil – 2 drops



### DIRECTIONS:

- Mix the two oils together and apply on your hair from root to tips after washing your hair.
- Rub the mixture on your palms and then apply on damp hair. This will prevent damage caused by heat when you step out.
- Use this luxurious oil mixture to protect your hair before exposing your hair to any hot styling equipment.

## DAMAGED HAIR TREATMENT

### INGREDIENTS:

- 30ml Rose Water
- Few drops of Prickly Pear Seed oil
- 1 capsule of vitamin E



### DIRECTIONS:

- Mix ingredients together and apply to damp hair and scalp.
- Massage for at least 10 minutes and then shampoo and style as usual.

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# TIPS AND RECIPE (3)

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## ANTI-AGING SERUM TREATMENT

### INGREDIENTS:

- 1 teaspoon of Prickly Pear Seed Oil
- 1 teaspoon pomegranate seed oil
- 1-teaspoon Argan oil
- 1-teaspoon watermelon seed oil
- 4 drops lemon oil
- 4 drops sandalwood oil



### DIRECTIONS:

- Mix all ingredients in a two-ounce amber bottle and shake gently.
- Use two to three drops on your face at night as an overnight serum.

## HYDRATING HONEY MASK TREATMENT

### INGREDIENTS:

- half a teaspoon of Prickly Pear Seed Oil
- one teaspoon honey
- one tablespoon of baking soda



### DIRECTIONS:

- Make a paste out of the honey and baking soda
- Apply the prickly pear seed oil to the mixture and mix very well
- Rub a thin layer of the mask onto your face.
- Wear for 15 minutes and rinse off.

## DIY LIP SCRUB

### INGREDIENTS:

- 3 tablespoons of brown sugar
- 2 tablespoons of olive oil
- 2-3 drops of prickly pear seed oil



### DIRECTIONS:

- Combine the brown sugar and olive oil, and then add in the essential oil.
- Stir well and use as a lip scrub any time you want to soften and hydrate your lips

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# TIPS AND RECIPE (4)

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## YOGURT AND CUCUMBER MASK

### INGREDIENTS:

- one tablespoon of plain yogurt
- one tablespoon of grated fresh cucumber
- one teaspoon of prickly pear seed oil



### DIRECTIONS:

- Mix all ingredients well, and apply to face.
- After 20 minutes, rinse with lukewarm water and pat dry
- Follow up with Prickly Pear Seed oil or your other favorite moisturizer.

## LAVENDER ANTI-AGING SERUM

### INGREDIENTS:

- 5ml Prickly pear seed oil
- 25ml of jojoba oil
- 1 drop rose essential oil or geranium essential oil
- 2 drops lavender essential oil



### DIRECTIONS:

- Mix all ingredients in a dark glass bottle and shake well.
- Use a few drops on your face overnight to enjoy a flower-scented anti-aging serum.

## PRICKLY PEAR FACE AND BODY WASH

### INGREDIENTS:

- 1/4 cup of raw, unfiltered honey
- 2/3 cup of liquid castile soap
- 2 teaspoons of carrier oil
- 1 teaspoon of vitamin E oil
- 10 to 20 drops of prickly pear seed oil



### DIRECTIONS:

- Mix all ingredients well in a jar and shake well.
- Apply directly to the skin or to your washcloth and use as you would a face or body wash.
- Shake well every time you use this body cleanser.
- This wash has a shelf life of a year thanks to the vitamin E.

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# TIPS AND RECIPE (5)

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## ALOE GEL MASK

### INGREDIENTS:

- 3 tablespoons of pure aloe Vera Gel
- 10 drops geranium or neroli oil
- 7 drops of prickly pear seed oil



### DIRECTIONS:

- In a clean glass jar, add the aloe vera gel, and then drop in the essential oils and stir well.
- Store in a cool dry place away from direct sunlight.
- After cleaning your face, pat it dry, and then use just one finger scoop on your whole face.

## BODY OIL

### INGREDIENTS:

- half a teaspoon prickly pear seed oil
- one cup of your favorite carrier oil



### DIRECTIONS:

- Mix together in a dark glass bottle and shake well.
- Use as you would any other body oil.

## PRICKLY PEAR HAND LOTION

### INGREDIENTS:

- ,Half a cup of sweet almond oil
- ,A quarter cup of coconut oil
- ,A quarter cup of beeswax
- ,One tablespoon of shea butter
- ,One teaspoon of vitamin E oil
- ,20 drops of prickly pear seed oil



### DIRECTIONS:

- Put all ingredients except the prickly pear seed oil into a heavy-duty glass jar, like a mason jar.
- Cap the jar, and then put the jar into a pan.
- Fil the pan with water until the water level covers the level of the ingredients in the jar.
- Heat the pan over medium heat for about 20 minutes until the ingredients have melted inside the jar.
- Remove the jar from the hot water and let it cool on a towel.
- Once it is cool, add the Prickly Pear Seed Oil, and stir everything together.
- Pour into whatever fancy jar you want to use for storage, or keep in the glass jar for up to six months.
- Use as you would a standard body and hand lotion.

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# TIPS AND RECIPE (6)

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## PRICKLY PEAR SHAVING CREAM

### INGREDIENTS:

- Half a cup of coconut oil
- Half a cup of shea butter
- One-third of a cup of almond oil
- One tablespoon of vitamin E oil
- 10 drops of prickly pear seed oil
- 10 drops of your favorite essential oil for scent, such as eucalyptus or peppermint.



### DIRECTIONS:

- Melt the coconut oil and shea butter together in a saucepan over medium heat.
- Remove from heat and add in the almond oil, Prickly Pear Seed Oil and the vitamin E oil.
- Chill this mixture in the refrigerator until it reaches a butter-like consistency.
- Add the essential oil and whip with a hand mixer.
- Press the mixture into a glass container and use as you would a shaving cream.

## DEEP CLEANING FACE MASK WITH ACTIVATED CHARCOAL

### INGREDIENTS:

- Two tablespoons of bentonite clay
- Three capsules of activated charcoal
- Three to four teaspoons aloe Vera
- One to two teaspoons shea butter
- One to two ounces chamomile tea
- One drop prickly pear seed oil
- One drop of your favorite essential oil for scent



### DIRECTIONS:

- Brew the tea and melt the shea butter until it is a liquid. Then mix the tea and shea butter together.
- Mix the bentonite clay and the activated charcoal, then mix this combination into your tea combination and stir well.
- Add the aloe vera, the Prickly Pear Seed Oil and the essential oils, and mix all together very well.
- Store in an airtight container or use right away.
- To use, apply all over your face, wear for 15 minutes, and then wash off very well.

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# TIPS AND RECIPE (7)

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## PRICKLY PEAR MILK FOR YOUR BATH

### INGREDIENTS:

- A few drops of prickly pear seed oil
- One cup of milk

### DIRECTIONS:

- Mix together and pour into your bath. You'll get a creamy, hydrating bath experience that also offers you the benefits of the oil.
- Soothing Bath for Sore Muscles



### INGREDIENTS:

- A few drops of prickly pear seed oil
- Two cups of Epsom salt

### DIRECTIONS:

- Mix well and dissolve into your bath to help relieve sore muscles and fatigue.

## BRIGHTENING SKIN TONER

### INGREDIENTS:

- One and one-half cups distilled water
- Half a tablespoon lemon juice
- One to two drops prickly pear seed oil

### DIRECTIONS:

- Mix all ingredients into a small spray bottle and shake to mix.
- Keep in the fridge and use as a toner during your skin care or makeup routine.
- This lasts for one to two weeks.



## EYE MAKEUP REMOVER

### INGREDIENTS:

- Mild castile soap
- Two tablespoons of Argan oil or your favorite carrier oil
- One to two drops of prickly pear seed oil

### DIRECTIONS:

- Mix the prickly pear seed oil with the jojoba oil separately.
- Fill up a jar half full with the mild castile soap.
- Fill the remainder of the jar full of water until it is almost totally full.
- Add the oil mixture, cover the jar, and shake well to mix.
- Use to remove your eye makeup and nourish your skin at the same time.



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## REVIEWS & TESTIMONIALS

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**PATRICIA C. SPELLS** ★★★★★

I really do love this oil, this oil actually delivers the results that are promised by all the other oils; non-imitating, lightweight feel, dewy. glowing skin.

I've tried all the others: rose hip, pomegranate, organ, maraca; all of them and this is the best one yet. I love the way it feels on my skin. The pores on my skin appear tighter and the best part is the next day, my skin still has a dewy look to it. I've even worn this under my moisturizer and sunscreen and still experience the same results. I will be ordering more!

**PHOEBE M.** ★★★★★

This product is amazing. I've been struggling with adult acne for a couple years now and within days of using it, my acne has cleared up completely. I use it every night along with rose water toner and my skin has never been better. My only problem with it is that the bottle is a little difficult to open and the oil smells like throw up, but the results are worth it haha

**STUSH** ★★★★★

I was blown away by the fantastic customer service received by this company. They really seem to care about their customers and ensure that they are happy. While awaiting my delivery, it was one of my 10 items that was returned because some reason unclear to me and of course I was upset. Ecla reached out to me to express their empathy and offered to give me a discount upon repurchase. I wasn't even expecting this gesture. Not only was I amazed by their service but the product is fabulous. I use it as a night serum with my moisturiser and the next day my skin is brand new. I love it and will be repurchasing again soon.

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## REVIEWS & TESTIMONIALS

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**JESSICA** ★★★★★

Love this stuff. Also, really lovely, personal customer service. I use a little reusable facial scrubber pad to massage this into my skin every night. I love mixing it with natural moisturizer - seems to settle in a bit better that way. I tend not to use it in the morning, but every night it's very soothing and my skin loves it. Between the exfoliating and this stuff, my skin has never felt smoother.

**RENATA** ★★★★★

This is my second order of this product.

First time the oil had no smell and was clearer. The second time it smelled like pork fat. I do not care about the clarity of it, it is oil, but I don't think it should smell like a pork fat. Has anything change? Happy for the first time but less happy the second time. It is still a great oil for your face.

**AMAREGE** ★★★★★

I like this oil a lot. I mixed with my morning moisturizer and dab just the oil around my eyes.

**ARACELI M.** ★★★★★

This product is AMAZING! My skin feels smoother and softer. My skin tone evened out. I had very uneven skin tones. I love this product. I HIGHLY recommend it. Not oily at all for those of you who have oily skin. I use this product at night and in the morning before I apply my makeup. You'll love it!



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## REVIEWS & TESTIMONIALS

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**BARBARA D SULLIVAN** ★★★★★

This is a wonderful product - it's not greasy, absorbs easily into your skin and feels wonderful and actually helps with the small lines in my face.

**LORRAINE S.** ★★★★★

I have only used this organic prickly pear seed oil for a couple of days, but so far I am loving it. It is not greasy at all and absorbs into the skin very well. It appears to be noncomedogenic. It has made the lines around my eyes softer already. I am looking to the results after a few months of use.

**KAAREN** ★★★★★

This is a lovely product. It absorbs well into the skin and is soothing in a dry, cold climate. I would not hesitate to recommend this oil.

P.S. Although the name on my account is "Erik", this review is written by Erik's mom.

**SHARRA L. COOK** ★★★★★

I have allergies to soap and had my clothes washed at a laundry even though I supplied my own organic soap I still got a rash all over my back maybe from residue, the ecla seemes to be clearing it quickly