

## QUICK REFERENCE SHEET

# ARGAN, REFINED

*Argania spinosa*



Extraction Method:  
Expeller Pressed, Refined



Part Utilized:  
Nut

### CONSISTENCY:

light weight, light yellow color, can go semi solid if cold

### AROMATIC CONSIDERATIONS:

Argan Oil unrefined has a slight organic and nutty aroma.

### APPLICATION:

Argan Carrier Oil can be used all by itself, 100%.

### GENERAL INFORMATION:

Argan Oil is known in some cultures as "The Tree of Life." Argan is an exquisite newcomer to the carrier oil world. Argan is most renowned for being rich in natural tocopherols (vitamin E) and because it contains rare plant sterols not often found in other carrier oils. Several sites report studies whose initial findings seem to indicate anti-cancer properties for these natural sterols. These sterols are uniquely combined in Argan Oil to make it anti-inflammatory. This makes it a great choice for use with essential oils for arthritic conditions, to increase circulation, and to strengthen the immune system.

The properties of this oil make it useful for skin conditions with good results being shown with stretch marks during pregnancy. This oil should be considered for use with scarring, eczema, psoriasis, acne, and scars resulting from acne. Besides possessing healing properties, this oil is reported to be extraordinarily protective of skin, hair, and nails. It protects the skin from weather and provides a disinfectant layer.

### WHAT IS A CARRIER OIL:

Carrier or base oils are often applied in conjunction with an essential oil. The common industry term for carrier oils is fixed oils. These oils are made from vegetables, nuts, seeds, and flowers. They are considered by many to have therapeutic properties of their own.

Carrier oils are used for several different reasons. One major reason is that pure essential oils are often too concentrated to be applied undiluted to the skin. Adding essential oils to a carrier oil also allows the oil to be spread over a larger application area and to be absorbed more evenly. Many essential oils are quite expensive, and because they are so highly concentrated, one or two drops may be all that you need. The use of a smaller quantity of essential oil is often more beneficial than a larger quantity and is certainly less likely to cause any type of reaction.