

EVENING PRIMROSE

Oenothera biennis



Extraction Method:
Cold Pressed, Unrefined



Part Utilized:
Seeds

CONSISTENCY:

light weight, light orange color

AROMATIC CONSIDERATIONS:

little to no aroma

APPLICATION:

Can be used 100% by itself.

! CAUTIONS:

Women who are pregnant or breast-feeding should not use this oil.

GENERAL INFORMATION:

Evening Primrose Oil is used topically and as a supplement. It contains many essential fatty acids including one of the highest concentrations known of GLA or gamma-linolenic acid which is found in very few other plants. These acids are essential for cell structure and improvement of the elasticity of the skin, and help regulate hormones and improve nerve function aiding in problems ranging from PMS to migraine headaches. Deficiencies in these fatty acids have been implicated in many disorders including asthma, migraines, inflammation, metabolic irregularities, diabetes, arthritis, hormone imbalances, and alcoholism.

Evening Primrose Oil has been used for-Acne, allergies, arteriosclerosis, asthma, cholesterol regulation, chronic headaches, diabetic nerve damage, dermatitis, eczema, hyperactivity in children, high cholesterol, impotence and female infertility, inflammation, lupus, multiple sclerosis, prostate health, psoriasis, obesity, rheumatoid arthritis, rosacea, scleroderma, to treat Alzheimer's-related memory deficiencies, and upset stomach. It nourishes nails, scalp, and hair. Prevents alcohol withdrawal symptoms. Relieves the discomforts of PMS (premenstrual syndrome), menstruation, menopause, endometriosis, and fibrocystic breasts. Minimizes premenstrual breast tenderness, irritable bowel flare-ups, and carbohydrate cravings, and helps to control endometriosis-associated inflammation.

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.