

QUICK REFERENCE SHEET

MARULA

Sclerocarya birrea



Extraction Method:
Cold Pressed, Virgin



Part Utilized:
Kernel

CONSISTENCY:

light weight, light color, can go semi solid when cold

AROMATIC CONSIDERATIONS:

light aroma

APPLICATION:

Can be used 100% by itself.

GENERAL INFORMATION:

Marula Oil is noted for its remarkable absorbency into the skin without leaving a greasy residue, and is packed with essential fatty acids, antioxidants, vitamins, and minerals. Marula Oil is gaining popularity for its ability to nourish, moisturize and improve skin elasticity. Marula Oil can help reduce the appearance of scars and stretch marks, and helps prevent them from occurring in the first place. It is beneficial for skin disorders like eczema and pigmentation discoloration, and can even help fight acne due to its antimicrobial properties. Marula Oil also helps protect and nourish hair and nails.

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.