

QUICK REFERENCE SHEET

WALNUT

Juglans regia



Extraction Method:
Cold Pressed, Refined



Part Utilized:
Nut

CONSISTENCY:

light weight, light color

AROMATIC CONSIDERATIONS:

light aroma

APPLICATION:

Best used as part of a blend with other carrier oils.

! CAUTIONS:

Walnut Oil is certainly not recommended for persons with a nut allergy of any sort without extreme care and caution.

GENERAL INFORMATION:

Walnut is very high in linoleic acid and antioxidants. It is used to repair damaged or dry skin and to prevent wrinkles. It is best used as less than 15% of a carrier oil composite blend. Walnut Oil contains an anti-oxidant, and ellagic acid. High anti-oxidant concentrations have been shown to help fight the signs of aging as well.

Walnut Oil, when taken internally (why not just eat walnuts?) creates an increase in the strength and resilience of blood vessels and improves circulation. It accomplishes this by preserving the function of the endothelial cells which line the walls of the blood vessels. This reduces hardening of the artery walls. Hardening of the arteries is considered a major contributor to high blood pressure and heart disease. Walnut Oil has a short shelf life and must be kept refrigerated and stored with a tight lid.

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.