

ARGAN

OIL



Seeds from the fruit
of the Argan Tree

Compiled by

Campbell M Gold

(2012)

CMG Archives

<http://campbellmgold.com>

--()--

IMPORTANT

The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation, which may appear herein.

--()--

Introduction

Argan oil contains a large percentage of essential fatty acids (EFA), including linoleic acid (omega 6) which is instrumental in the repair and the defence of the skin. Essential fatty acids stimulate intracellular oxygenation and thus assists in the restoration of the hydrolipidic film and ensures the necessary moisturizing of the skin.

Additionally, EFAs help to prevent drying and the loss of skin elasticity, which leads to the appearance of wrinkles.



The Argan Tree
Fruit from this tree can be harvested
by hand once to twice a year

In Argan oil the beneficial action of the EFAs is augmented by a high content in Vitamin E (tocopherols) which has both moisturizing and healing properties, and is a powerful biological antioxidants which aids in the neutralizing of free radicals. Additionally Vitamin E protects the cell membranes against lipid oxidization and thus slows down the process of skin ageing.

--()--

Benefits of Argan Oil

- Anti-wrinkle effect - reduces signs of ageing caused by sun and wind, stress or the natural ageing process
- Avoids scar tissue when treated against acne and varicose veins and strengthens the skin
- Can be used effectively on some skin conditions including psoriasis and eczema Is an exceptionally light oil, which moisturises and is easily absorbed into the skin
- Can be used to help skin conditions including eczema, psoriasis and acne
- Can help to reduce active blemishes
- Can help to reduce visible scars
- Hair Care - beautifully conditions, helps to mend split ends, and restores remarkable shine to all hair types
- Helps repair damaged and over processed hair
- Helps to eliminate skin stretch marks, fine lines, and wrinkles
- Helps to prevent the formation of stretch marks and reduces their appearance
- Helps to protect and repair skin
- Helps to protect the skin and hair against sun damage and prevents dehydration caused by daily sun exposure
- Helps to renew cell structure and revitalizes the elasticity of the skin
- Helps to strengthen nails
- May hair loss
- May treat dandruff
- Natural anti-ageing and wrinkle reduction - Argan can visibly diminish the signs of ageing
- Prevents dehydration
- Recommended for nail care - brittle, split, and broken nails will be strengthened
- Reduces active blemishes and visible scars
- Shaving - Argan is a suitable alternative to shaving foams and gels for sensitive skin during and after shaving



- Used as a nourishing facial treatment and night oil
- Used as a skin protector in cold weather
- Used as an after-sun soother and moisturiser
- Used for massage to treat arthritis or sore muscles, and for relaxation of the skin
- When hair is dry or dim and breaks, Argan oil restores it to a natural and shiny glow
- Works against rheumatism

Culinary Note

Culinary Argan oil can be used for lowering cholesterol, and as a balanced dietary supplement while also protecting the body against cardiovascular disease and inflammatory disorders

--()--

Using Argan Oil



Fruit of the Argan Tree
the oil is extracted from the fruit's seeds

Face

You can apply it at night as an intensive moisturizing treatment and/or in the morning as a base for your make up. Start by using Argan oil at night only to see how your skin likes it. You can then progress to twice a day if your skin needs extra hydration or you can simply apply it to dry or wrinkle-prone areas. If you have very dry skin, also use the oil in the morning.

When using 100% pure Argan oil, you only need to use a few drops for your entire face. A little does go a long way. The oil penetrates easily, does not leave an oily residue and can even be used around the eye area.

A gentle evening massage of the face with circular movements is recommended for all types of skin. You can also apply Argan oil to chapped lips, massaging them gently (one lip against the other).

Argan makes a great all-around face cream. Start with a small quarter-sized amount, massage it on your face in a circular motions. It's especially soothing as a night cream and will absorb in minutes.

--()--

Nails

To strengthen weak or brittle nails, mix equal parts of Argan oil and lemon juice and soak for 10 minutes. This will not only soften your cuticles and limit nail breakage but will also give your nails a healthy radiance. Also, rub a small amount of Argan oil in your hands especially before going to bed.

Argan Oil strengthens your nails, makes them less brittle and less likely to break off. An equal mix of Argan Oil and lemon juice makes a great “hand-spa” for damaged cuticles, leaving your hands moist and a healthy glow on your nails.

--()--

Hair

Argan oil restores remarkable shine to hair, cares for scalp to advance hair growth, and helps to mend split ends. Perfect for over-processed hair!

For an intensive hair treatment, to improve dry scalp, to restore dry damaged hair and add shine, apply a generous amount of oil to dry hair starting at the ends, then wrap in a warm towel and leave for 30 minutes or leave it overnight. Wash and style as usual. For dry scalp and dandruff, massage into the roots too. Repeat this once or twice a week for soft, smooth and glossy hair. To calm frizzy hair use a drop or two of the oil, rub palms together and scrunch into ends.

For damaged hair, add a generous amount, starting at the ends and stroke through to your scalp. Then wrap in a warm towel and wear for min. 30 minutes or overnight. Wash and style as usual.

For dandruff and dry scalp, massage into the roots 1-2 times a week.

For frizzy hair, rub two drops between your palms and scrunch into ends at each wash.

Argan Oil's use as hair conditioner is very therapeutic and may stimulate new natural hair growth.

--()--

Body

The massage using Argan oil improves the firmness of the skin and relaxes the spine. Argan oil is easily absorbed into the skin, leaving no greasy marks; it hydrates and protects the skin against drying out. It is perfect for preventing and reducing the appearance of stretch marks too.

Apply the oil to your body after bathing or showering through a gentle massage. Mix with body lotion in the palm of your hand or apply pure. This will nourish and moisturise your skin and improve its firmness and elasticity, making it velvety.

Argan oil is ideal after sun exposure to enhance the appearance of your skin. Do not apply before or during sun exposure.

To treat stretch marks or saggy skin, apply Argan to your body after shower. Argan oil hydrates your skin effectively, protects against sun damages (don't use as tanning oil) and within days of use makes it more plump and elastic. As an anti-aging product, it's one of the best.

--()--

Does Argan Oil work?



"Consumer Before and After Results" from:

<http://www.reinventingaging.org/skin-care/argan-oil/argan-oil/>



"Argan oil - before and after"

<http://www.prlog.org/11791360-moroccan-oil-wonder-from-africa.html>



Argan Oil - Before and After

<http://organicarganoil.org/argan-oil-for-skin/>

2 WEEKS

Actual unretouched photos



http://www.thesmartstyleliving.com/wrinkleh.asp?o1=SKIN8&o2=SKIN9&source=wea_huff&c1=huff

--()--

Additional Supplements

The following supplements will augment the action of the Argan Oil:

Vitamin E (Tocopherol) - A powerful antioxidant that greatly reduces harmful free radicals and protects the skin from sun damage. Vitamin E also improves the skin's ability to retain and use water.

Essential Fatty Acids - Will keep cells healthy and your skin plump, and has the ability to re-form after stretching.

Oleic and Linoleic Acid - These acids are essential for their anti-inflammatory properties and to help heal the skin.

Antioxidants - Your body's warriors to protect skin from free radicals, sun damage, chemicals and pollution.

Polyphenols - Provides protection from UV rays, polyphenols are anti-inflammatories that fight free radicals.

Squalene Oil – Similar to olive oil, squalene oil is a natural moisturizer, a powerful healer and is ideal for people with eczema and psoriasis.

End

--()--

<http://campbellmgold.com>

01032012