

Cold Pressed Oils & Skincare Benefits Guide

Amla

Best Suited For: Mature skin • Oily skin • Acne prone skin

Key Oil Components & Skincare Benefits:

- **Vitamin C** - Provides powerful antioxidant protection that stimulates collagen production and brightens skin tone.
- **Tannins** - Deliver astringent and anti-inflammatory effects that help control oil production and tighten pores.
- **Essential fatty acids** - Offer nourishing and protective benefits that support healthy skin barrier function.

Argan

Best Suited For: Dry skin • Mature skin • Sensitive skin

Key Oil Components & Skincare Benefits:

- **Vitamin E** - Provides potent antioxidant protection that prevents free radical damage and supports skin healing.
- **Oleic acid** - Delivers deep moisturizing and barrier repair effects that restore dry, damaged skin.
- **Linoleic acid** - Offers anti-inflammatory and acne-fighting properties that help maintain clear, healthy skin.

Black Seed

Best Suited For: Acne prone skin • Sensitive skin • Eczema

Key Oil Components & Skincare Benefits:

- **Thymoquinone** - Provides powerful anti-inflammatory and antimicrobial properties that help treat acne and skin infections.
- **Linoleic acid** - Delivers barrier repair and anti-inflammatory effects that soothe irritated and sensitive skin.
- **Palmitic acid** - Offers moisturizing and protective benefits that help maintain healthy skin function.

Blackberry Seed

Best Suited For: Mature skin • Dry skin • Sensitive skin

Key Oil Components & Skincare Benefits:

- **Vitamin C** - Provides antioxidant protection and collagen synthesis support that prevents aging and promotes firmness.
- **Omega-3 fatty acids** - Deliver anti-inflammatory and moisturizing effects that soothe sensitive and dry skin.
- **Vitamin E** - Offers protective benefits that shield skin from environmental damage and oxidative stress.

Blackcurrant Seed

Best Suited For: Mature skin • Sensitive skin • Eczema

Key Oil Components & Skincare Benefits:

- **Gamma-linolenic acid (GLA)** - Provides powerful anti-inflammatory properties that help treat eczema and sensitive skin conditions.
- **Anthocyanins** - Deliver antioxidant protection that fights aging and environmental damage.
- **Omega-6 fatty acids** - Offer barrier repair and moisturizing effects that restore healthy skin function.

Castor

Best Suited For: Dry skin • Mature skin • Acne prone skin

Key Oil Components & Skincare Benefits:

- **Ricinoleic acid** - Provides anti-inflammatory and antimicrobial properties that help treat acne and soothe irritated skin.
- **Omega-9 fatty acids** - Deliver deep moisturizing and barrier repair effects that restore dry, damaged skin.
- **Vitamin E** - Offers antioxidant protection that prevents aging and supports skin healing.

Camellia

Best Suited For: Sensitive skin • Mature skin • Dry skin

Key Oil Components & Skincare Benefits:

- **Oleic acid** - Provides deep moisturizing and barrier repair properties that restore and protect delicate skin.

- **Polyphenols** - Deliver powerful antioxidant effects that prevent aging and environmental damage.
- **Vitamins A and E** - Offer nourishing and protective benefits that support healthy skin renewal and repair.

Carrot Seed

Best Suited For: Mature skin • Dry skin • Normal skin

Key Oil Components & Skincare Benefits:

- **Beta-carotene** - Provides vitamin A precursor that promotes cell turnover and improves skin texture and radiance.
- **Antioxidants** - Deliver protection against free radical damage and support healthy skin aging.
- **Essential fatty acids** - Offer moisturizing and barrier repair effects that maintain healthy skin function.

Cucumber Seed

Best Suited For: Sensitive skin • Oily skin • Combination skin

Key Oil Components & Skincare Benefits:

- **Linoleic acid** - Provides anti-inflammatory and barrier repair properties that help control oil production and soothe skin.
- **Vitamin E** - Delivers antioxidant protection that prevents environmental damage and supports skin healing.
- **Phytosterols** - Offer anti-inflammatory and soothing effects that calm irritated and sensitive skin.

Evening Primrose

Best Suited For: Eczema • Sensitive skin • Mature skin

Key Oil Components & Skincare Benefits:

- **Gamma-linolenic acid (GLA)** - Provides powerful anti-inflammatory properties that help treat eczema and sensitive skin conditions.
- **Linoleic acid** - Delivers barrier repair and moisturizing effects that restore healthy skin function.
- **Phenolic compounds** - Offer antioxidant protection that prevents aging and environmental damage.

Jojoba

Best Suited For: Acne prone skin • Sensitive skin • Combination skin

Key Oil Components & Skincare Benefits:

- **Wax esters** - Provide skin-mimicking properties that regulate oil production and maintain optimal skin balance.
- **Vitamin E** - Delivers antioxidant protection that prevents free radical damage and supports skin healing.
- **Myristic acid** - Offers anti-inflammatory and antimicrobial effects that help treat acne and prevent breakouts.

Kukui

Best Suited For: Sensitive skin • Eczema • Dry skin

Key Oil Components & Skincare Benefits:

- **Linoleic acid** - Provides barrier repair and anti-inflammatory properties that soothe sensitive and irritated skin.
- **Alpha-linolenic acid** - Delivers anti-inflammatory and healing effects that help treat eczema and skin conditions.
- **Vitamins A and E** - Offer nourishing and protective benefits that support healthy skin renewal and repair.

Hemp Seed

Best Suited For: Acne prone skin • Sensitive skin • Eczema

Key Oil Components & Skincare Benefits:

- **Omega-3 and Omega-6 fatty acids** - Provide anti-inflammatory and barrier repair properties that help treat acne and sensitive skin.
- **Gamma-linolenic acid (GLA)** - Delivers powerful anti-inflammatory effects that soothe eczema and skin irritation.
- **Antioxidants** - Offer protective benefits that prevent environmental damage and support skin healing.

Mahonia

Best Suited For: Acne prone skin • Oily skin • Psoriasis

Key Oil Components & Skincare Benefits:

- **Berberine** - Provides antimicrobial and anti-inflammatory properties that help treat acne and skin infections.
- **Essential fatty acids** - Deliver moisturizing and barrier repair effects that support healthy skin function.
- **Antioxidants** - Offer protective benefits that prevent environmental damage and support skin healing.

Marula

Best Suited For: Dry skin • Mature skin • Sensitive skin

Key Oil Components & Skincare Benefits:

- **Oleic acid** - Provides deep moisturizing and barrier repair properties that restore dry, damaged skin.
- **Antioxidants** - Deliver powerful protection against free radical damage and environmental stressors.
- **Amino acids** - Offer nourishing and skin-conditioning effects that promote soft, smooth skin.

Milk Thistle

Best Suited For: Mature skin • Oily skin • Normal skin

Key Oil Components & Skincare Benefits:

- **Silymarin** - Provides powerful antioxidant and anti-inflammatory properties that protect skin from damage and aging.
- **Linoleic acid** - Delivers barrier repair and anti-inflammatory effects that help maintain healthy skin function.
- **Vitamin E** - Offers antioxidant protection that prevents free radical damage and supports skin healing.

Moringa

Best Suited For: Mature skin • Dry skin • Normal skin

Key Oil Components & Skincare Benefits:

- **Oleic acid** - Provides deep moisturizing and barrier repair properties that restore and protect skin.
- **Behenic acid** - Delivers conditioning and protective effects that help maintain healthy skin texture.
- **Antioxidants** - Offer powerful protection against environmental damage and aging.

Prickly Pear

Best Suited For: Dry skin • Mature skin • Sensitive skin

Key Oil Components & Skincare Benefits:

- **Linoleic acid** - Provides barrier repair and anti-inflammatory properties that help restore healthy skin function.
- **Vitamin E** - Delivers powerful antioxidant protection that prevents aging and environmental damage.
- **Betalains** - Offer anti-inflammatory and protective effects that soothe sensitive and irritated skin.

Rosehip Seed

Best Suited For: Mature skin • Dry skin • Acne prone skin

Key Oil Components & Skincare Benefits:

- **Vitamin C** - Provides powerful antioxidant protection and collagen synthesis support that prevents aging.
- **Essential fatty acids** - Deliver deep moisturizing and barrier repair effects that restore skin health.
- **Lycopene** - Offers UV protection and anti-inflammatory benefits that help prevent sun damage.

Sea Buckthorn

Best Suited For: Dry skin • Mature skin • Sensitive skin

Key Oil Components & Skincare Benefits:

- **Omega fatty acids** - Provide essential nutrition that supports skin barrier function and prevents moisture loss.
- **Vitamin C** - Delivers antioxidant protection and collagen support that promotes healthy, youthful skin.
- **Carotenoids** - Offer UV protection and anti-inflammatory benefits that help prevent sun damage and aging.

Strawberry Seed

Best Suited For: Oily skin • Acne prone skin • Combination skin

Key Oil Components & Skincare Benefits:

- **Linoleic acid** - Provides barrier repair and anti-inflammatory properties that help control oil production and prevent acne.
- **Alpha-linolenic acid** - Delivers anti-inflammatory and healing effects that soothe irritated skin.
- **Antioxidants** - Offer protective benefits that prevent environmental damage and support skin healing.

Tamanu

Best Suited For: Acne prone skin • Sensitive skin • Eczema

Key Oil Components & Skincare Benefits:

- **Calophyllolide** - Provides powerful anti-inflammatory and wound-healing properties that help treat acne and skin conditions.
- **Tamanu acid** - Delivers antimicrobial and healing effects that promote skin repair and regeneration.
- **Oleic acid** - Offers moisturizing and barrier repair benefits that restore healthy skin function.

Wheatgerm

Best Suited For: Dry skin • Mature skin • Normal skin

Key Oil Components & Skincare Benefits:

- **Vitamin E** - Provides powerful antioxidant protection that prevents aging and environmental damage.
- **Essential fatty acids** - Deliver deep moisturizing and barrier repair effects that restore dry, damaged skin.
- **Squalene** - Offers lightweight moisturizing and protective benefits that maintain healthy skin function.