

## ALMOND OIL (SWEET)



**Botanical Name:** Prunus amygdalus var. dulcis

**Aroma:** Light, slightly sweet and nutty.

**Texture:** Slightly oily, leaves a slight oily feeling on the skin. Absorbs semi-quickly.

**Color:** Virtually clear with a tinge of yellow.

**Notes:** Sweet Almond oil is considered to be a good all-purpose carrier oil to keep on hand and is moderately priced. Sweet almond should not be confused with bitter almond, which contains amygdalin and can be broken down into the poisonous substance hydrocyanic acid (cyanide).

The almond is closely related to the peach, apricot, and cherry (all classified as drupes). Unlike the others, however, the outer layer of the almond is not edible. The edible portion of the almond is the seed.

Virgin, cold-pressed sweet almond oil with no additives. An excellent massage oil valued for its viscosity and durability. Good for oily and easily irritated, sensitive skins. Contains vitamins and minerals.

It is unclear whether sweet almond improves anxiety in palliative care patients, but more research investigating sweet almond as the active treatment is needed to make a firm recommendation.

Sweet almond oil is a great vegetable oil that is one of the most used carrier oils in aromatherapy massage, and this is understandable since it has a fine texture, is easily absorbed, and helps to leave the skin soft and satiny smooth yet it is non-greasy and easily absorbed.

A member of the Rosaceae family and a relative of the Peach and Apricot, the Almond tree is native to Barbary but cultivated in the Mediterranean and California. It bears soft cream blossoms with yellow centres, which appear before the leaves.

Sweet Almond Oil is obtained from the dried kernels of the almond tree and it is an excellent emollient (softening and soothing to the skin) and also helps the skin to balance its loss and absorption of moisture.

Rich in **vitamins A, B1, B2, B6** and **E**. An ideal basic carrier oil, nourishing and protecting to the skin. Calms skin irritation. Can be used on its own or with other carrier oils. Because it contains vitamin E, it has good lasting qualities.

It is also a great moisturizer suitable for all skin types, helps relieve irritation, inflammation and itching, and is greatly lubricating and because it is not an overly fast penetrating oil, it is a good massage medium to use to help spread the oil and essential oil mixture, while still allowing you time to do a good massage before it is absorbed by the SKIN.