

## AVOCADO OIL



**Botanical Name:** Persea americana

**Aroma:** Medium. Somewhat sweet, fatty and nutty in aroma.

**Texture:** Thick, leaves a fatty, almost waxy feel to the skin.

**Color:** Deep olive green. Notes: If not carefully used or used in a small dilution with another carrier, it may overpower a blend.

The avocado (*Persea americana*), also known as palta or aguacate (Spanish), butter pear or alligator pear, is a tree native to the Caribbean, Mexico, South America and Central America, classified in the flowering plant family Lauraceae along with cinnamon, camphor and bay laurel. The name "avocado" also refers to the fruit (technically a large berry) of the tree that contains a pit (hard seed

casing) which may be egg-shaped or spherical.

Avocado oil it is often mistaken for a vegetable oil but it is actually a fruit since it has a stone - but none-the- less it can yield a staggering 30% oil and in its crude form is a great oil to use as carrier oil when performing aromatherapy massage.

As a member of the Lauraceae family, the avocado is the fruit of a tall tropical and subtropical evergreen tree. The fruit was eaten by the Aztecs and Spanish in the early sixteenth century. It became popular in the early twentieth century when cultivation started in the USA. It has the highest fat content of any fruit, over twenty percent of its weight.

It is very easy to digest and is recommended for helping stomach and intestinal trouble and for stimulating the liver. Avocados help to reduce the proliferation of bacteria in the intestines and those which cause problems in the bladder, such as cystitis. The **vitamin A** and **B** content are good for the nervous system.

It is a rich heavy oil, that is deeply penetrating and rich in vitamins A and D, lecithin, potassium as well as **vitamin E**. The crude Avocado oil is green in color as it still contains chlorophyll and is classified as a mono- unsaturated oil.

It is often used by therapists for clients with dry or mature skins, or people suffering from eczema or psoriasis, and is very useful when treating sun or climate damaged skin that is dehydrated and undernourished as it is said to help with regenerating the skin and softening the tissue.