

HAZELNUT OIL



Botanical Name: Corylus avellana

Aroma: Light, nutty, somewhat sweet.

Absorption/Feel: Leaves a Slightly Oily Film on the Skin.

Viscosity: Thin.

Texture: Thin and only leaves a slightly oily film on the skin.

Color: Light yellow.

Shelf Life: 12 Months.

Notes: It is said to be a good choice for those with oilier skin. Hazelnuts are sometimes mistakenly called Filberts. Although similar in appearance, Filberts are slightly longer in shape. Hazelnut Oil penetrates well and is said to be a

good choice for those with oilier skin. It is a good all purpose oil that can also be used in aromatherapy applications ranging from skin care to massage.

Carrier Oils: For Aromatherapy and Massage by Len Price mentions that Hazelnut Oil contains approximately 9% saturated fat, 74% **oleic acid** (an omega-9 fatty acid), 17% linoleic acid (an **omega-6** essential fatty acid), and less than 1% alpha linolenic acid (an **omega-3** essential fatty acid).

Hazelnut oil is considered valuable in giving facial and body massages. It has a high content of essential fatty acids like linoleic acid. Hazelnut oil has a very light, pleasing sweet aroma, which is also somewhat nutty. It is a highly unsaturated vegetable oil that boasts of its fine texture. Hazelnut oil, the botanical name of which is Corylus avellana, is easily absorbable and therefore penetrates fastly into the skin.

Hazelnut oil has proved to be very effective in tightening the SKIN, thereby acting as a superb toner for the skin. It also aids in the regeneration of cells and strengthening of CAPILLARIES. Hazelnut oil massage is quite effective in protecting children from the clutches of respiratory disorders. Apart from therapeutic properties, the oil is known for its moisturizing qualities as well.

Hazelnut oil provides numerous health benefits for which it is being increasingly preferred in the preparation of carrier oil blend. The best part about using this carrier oil is that, it does not leave an oily feel behind. The oil is also known to efficiently play the role of an astringent. For acne prone skin, it is of utmost importance.

Hazelnut oil provides soothing and relaxing effects to the skin, thus it is extensively brought to use for the purpose of spa massage. It also has the ability to filter the rays of sun and it is owing to this reason that it is over and over again used in the making of sun care products. The oil is often used as an additional ingredient in the preparation of CREAMS, soaps, lotions and hair care products.