



1. Sweet Almond Oil

Benefits	Nutritional Components
<ul style="list-style-type: none"> • Moisturizing the skin • Lightening the skin and pigmentation (Treating skin pigmentation - Treating sunburn - Reducing dark circles under the eyes - Improving the appearance of scars and reducing acne marks - Evening out skin tone - Improving the appearance of old stretch marks - Preventing the formation of new stretch marks) • Soothing skin irritation • Treating chapped lips • Protection from sun exposure • 6. Combating signs of skin aging 	<ul style="list-style-type: none"> • Vitamin A • B vitamins • Vitamin E • Vitamin K • Zinc • Magnesium • Potassium • Manganese • Phosphorus • Omega-6 fatty acids • Omega-3 fatty acids

2. Black Seed Oil

Benefits	Nutritional Components
<ul style="list-style-type: none"> • Helps combat bacteria • Antioxidant • Fights psoriasis • Treats acne • Skin pigmentation 	<ul style="list-style-type: none"> • Thymoquinone • Thymo hydroquinone • Thymol • Nylisin • Carvacrol • Nigellisin • Nucleodin • Alpha-hydroxy acid

3. Sesame Oil

Benefits	Nutritional Components
<ul style="list-style-type: none"> • Helps treat bacterial infections • Repairs damaged skin cells • Slows down skin aging • Moisturizes the face • Helps protect against sun exposure • 6. Nourishes the skin 	<ul style="list-style-type: none"> • Vitamin D • Vitamin E • Vitamin B • Calcium, phosphorus, and some proteins • Linoleic acid • Copper, manganese, calcium, and magnesium

4. Coconut Oil

Benefits	Nutritional Components
<ul style="list-style-type: none"> • Natural face moisturizer • Suitable for most skin types • Increases collagen production • Reduces fine lines and wrinkles • Removes dark spots • Prevents inflammation • Makeup remover 	<ul style="list-style-type: none"> • Lauric Acid • Myristic Acid • Capric Acid • Caprylic Acid • Oleic Acid • Linoleic Acid • Vitamin E - Vitamin K



	<ul style="list-style-type: none"> • Iron • Calcium - Magnesium
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5. Flax Oil

Benefits	Nutritional Components
<ul style="list-style-type: none"> • Resists rashes and irritation • Helps treat acne • Moisturizes the skin • Protects against sun exposure • Reduces skin sensitivity • Helps delay the appearance of wrinkles • Removes surface flakes in cases of dryness • Gives the skin a fresh and radiant appearance 	<ul style="list-style-type: none"> • Omega-3 & 6 • Fatty Acid • Linoleic Acid • Fatty Acid • Oleic Acid • Vitamin E • Tocopherols • Lignans • Beta-Sitosterol • Magnesium – Phosphorus – Zinc

6. Olive Oil

Benefits	Nutritional Components
<ul style="list-style-type: none"> • Protection from harmful sun effects • Moisturizes and nourishes the skin • Reduces wrinkles and signs of aging • Cleanses and disinfects the skin • Prevents blackheads and whiteheads • Renews skin cells and improves the appearance of scars • Gives the face a fresh and radiant glow • Soothes skin irritation after shaving 	<ul style="list-style-type: none"> • Oleic Acid • Linoleic Acid • Omega-3 & 6 • Alpha-Linolenic Acid (ALA) • Palmitic Acid • Vitamin E - Vitamin K • Hydroxytyrosol • Oleuropein • Tyrosol Beta – Sitosterol • Iron – Calcium – Potassium

7. Grape Kernel Oil

Benefits	Nutritional Components
<ul style="list-style-type: none"> • Treats acne outbreaks • Evens out skin tone • Protects the skin from sun damage • Helps in preventing skin cancer • Reduces inflammation • Reduces fine lines and wrinkles on the skin 	<ul style="list-style-type: none"> • Proanthocyanidins • Polyphenols • Vitamin E • Linoleic acid • Phytosterols

8. Lavender Oil

Benefits	Nutritional Components
<ul style="list-style-type: none"> • Anti-inflammatory • Has antibacterial properties and may prevent and heal acne • Antimicrobial and antifungal 	<ul style="list-style-type: none"> • It can kill Staphylococcus aureus, a type of bacteria that may cause eczema



9. Sunflower Oil

Benefits	Nutritional Components
<ul style="list-style-type: none"> • Delays the appearance of signs of aging, such as wrinkles and cracks, thanks to its content of beta-carotene which combats wrinkles. It removes dark spots and skin pigmentation, and evens out skin tone by applying a quantity of sunflower oil to the skin, leaving it for fifteen minutes, then washing the face. This process should be repeated for three weeks. • Eliminates acne, scars, and unwanted pimples from the skin. • Protects the skin from harmful sun rays due to its high vitamin E content. • Maintains skin softness and helps it retain moisture for as long as possible, providing radiance and vitality. It also nourishes the skin and keeps it healthy and intact. It is used in the production of skin care products and creams, especially anti-aging and moisturizing creams, as well as sunscreens and UV protection creams. 	<ul style="list-style-type: none"> • Linoleic, oleic, palmitic acids, and phenolic acid • Contains carotenoids, lecithin, and tocopherols • Contains many vitamins such as vitamins E, D, and A • Rich in a range of minerals including iron, phosphorus, zinc, magnesium, and others

10. Medical Castor Oil

Benefits	Nutritional Components
<ul style="list-style-type: none"> • Reduce acne • Moisturize the skin • Smooth the skin • Soothe burns • Reduce facial puffiness • Prevent the appearance of wrinkles • Treat dry skin • Minimize acne appearance • Maintain facial moisture • Sooth sunburn • Reduce lip dryness • Enhance overall skin health 	<p>Castor oil is thick, so you should mix it with another oil before applying it to your face. Other oil options include:</p> <ul style="list-style-type: none"> • Coconut oil • Almond oil • Olive oil • Shea butter <p>These oils are used to dilute the thickness of castor oil and enhance its role in moisturizing the skin, in addition to the specific benefits each type of oil provides individually.</p>



11. Walnut Oil

Benefits	Nutritional Components
<ul style="list-style-type: none">• Enhances skin health• Improves circulation• Reduces cholesterol levels• Reduces inflammation• Improves memory, thinking, and learning• Helps maintain hormone levels• May help prevent cancer• Contributes to the treatment of eczema	<ul style="list-style-type: none">• Alpha-Linolenic Acid (ALA)• Omega-3 & 6• Oleic Acid• Palmitic Acid• Vitamin E• Tocopherols and Tocotrienols• Beta - Sitosterol - Ellagic Acid• Magnesium - phosphorus, and zinc - Rich in omega-3 and omega-6 - antioxidants, and vitamins

12. Hazelnut Oil

Benefits	Nutritional Components
<ul style="list-style-type: none">• Protection from ultraviolet (UV) rays• Enhances skin health and renews skin cells• Boosts collagen production• Fights wrinkles• Protects hair	<ul style="list-style-type: none">• Oleic Acid - Linoleic Acid• Omega-6 & 3• Palmitic Acid• Vitamin E, K & A• Tocopherols - Tocotrienols• Beta-Sitosterol• Ellagic Acid• Magnesium - Potassium - Calcium