

Nourishing Oil for Skin and Hair



Nourishing oil is a mix of 4 different organic oils, infused with Fenugreek and Curry leaves. It contains vital minerals, vitamins and fatty acids that keep the skin supple and strengthens the hair follicles.

This product can be used either as a daily skin oil or as a hair oil. It is also excellent to consume with your food.

Regular use of this oil will have the following benefits:

- Reduces skin ageing and dry skin,
- Softens the appearance of wrinkles and fine lines.
- Prevent premature greying of hair and hair loss.

Ingredients:

- Fenugreek seeds
- Fresh green Curry leaves
- Roasted Sesame oil
- Cold pressed Apricot seed oil, Sunflower oil and Rapeseed oil



Properties:

Curry leaves are packed with vitamins (A, B, C, E), phosphorous, iron and has excellent antioxidant properties and helps in reducing skin ageing, premature greying of hair and also prevents hair loss.

Fenugreek contains Vitamin B3 (niacin) which increases blood flow to your skin and hair follicles.

Apricot seed oil, is an excellent skin oil as it closely matches with sebum (a natural oil produced in our body) and contains Oleic Acids (Omega 9), Linoleic Acids, Alpha-Linolenic Acid, Palmitic Acid, Stearic Acid, Vitamin A and Vitamin E.

Sesame oil contains Sesamol and Sesaminol, two antioxidants which reduces skin ageing. Its anti-inflammatory properties reduce skin and joint inflammation and related pain.

Direction for use.

As skin oil.

Rub the Nourishing oil on your face and body after a bath or shower. Gently massage and rub in the oil on problem areas like skin blemishes, wrinkles, inflamed skin and joints.

As hair oil.

Apply Nourishing oil on your scalp with fingers, gently rub and massage for a few minutes. Leave for a few hours or overnight, allowing the scalp to soak the oil in the roots of hair. Wash hair as usual with shampoo, repeat shampooing if necessary. Apply 1 or 2 times a week.

As edible oil.

Nourishing oil can be used to cook food with or for garnishing your food and salads.