



## WHAT IS ALMOND OIL?

Did you know that Almond is a seed found inside the fruits of the Almond tree? These fruits look remarkably like peaches, only green in color. So, this fact about Almond makes it a fruit, and not a nut! Interesting, right?

Almonds are the oldest and most widely grown of all the world's nut crops. They were first produced in the Middle East, and very soon, people discovered that the oil extracted from its seeds was extremely beneficial. Nearly half of dry Almond's weight was found to be oil and ripe Almonds were pressed to extract the oil with minimal heat.

Almond oil is extracted from almond kernels and, it is excellent for the skin due to the soothing properties that prevent the loss of natural moisture from the skin and enables it to retain more moisture. These properties of the oil also help in improving skin complexion.

Do you have dry and flaky skin? Then, Almond oil can be your skin's best friend and completely take care of its hydrating and nourishing needs. And that is just one of the many benefits of Almond oil. Almond oil gets soaked in our skin quickly, which makes it a powerful and effective moisturizer.

Another great property of the oil is that it is light and not too greasy, so your skin does not feel sticky when you use the oil as a moisturizer. Don't we all just love that dose of skin hydration that does not feel too heavy?!

The fatty acids in Sweet Almond oil help the skin retain moisture while the **Vitamin E** soothes irritation caused by dryness. The **zinc** (A mineral) content of the oil helps smoothen rough, calloused skin.