

(Sweet) Almond Kernel Oil

(*Prunus amygdalus*, *P. dulcis*) **Botanical Family: Rosaceae**

Skin Types Suited

All, particularly:

sensitive

Skin Uses

dryness

inflammation

itching

soreness

wrinkles

emollient

nourishing

revitalising

Other

Light texture –

easily absorbed

Contains:

Olein (main component), linoleic acid, glucosides, minerals, vitamin D.

Rich in proteins.

Source:

From the kernel of the nut. Contains 50–60 per cent oil. Produced in Europe, the USA and Asia. Extracted by several methods. Often cold-pressed, then clarified.

Colour

Clear pale yellow

Odour

None to delicate

Directions

Can be used undiluted.

Special Note

There is an oil called 'bitter almond' (*P. amara*). This is considered hazardous, and is not used in aromatherapy.