

Avocado Flesh Oil

(*Persea americana*, *P. gratissima*) **Botanical Family: Lauraceae**

Skin Types Suited All, particularly: ageing degenerated dehydrated dry prematurely lined sensitive	Skin Uses eczema psoriasis	<i>moisturising purifying restorative softening soothing</i>	Other <i>A thick oil – penetrative, easily absorbed</i>
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Contains:

Vitamins A, D, E, mineral potassium, proteins, lecithin, fatty acids.
High in mono-unsaturates, chlorophyll linoleic acid.

Source:

Expressed from the flesh of the fruit, which is often dried. Contains 30 per cent oil. Extracted by hydraulic presses and centrifuge.

Colour

Light to dark, rich green
(Refined oil is yellow)

Odour

Yes
(Refined oil is odourless)

Directions

Generally used as an addition to the base oil, at 10 per cent of the whole. Can be used up to 30 per cent of the whole.