

## Sesame Oil

(*Sesamum indicum*) **Botanical Family: Pedaliaceae**

### **Skin Types Suited**

**All, particularly:**

dehydrated  
dry  
normal  
sun damaged

### **Skin Uses**

dryness	moisturising
eczema	nourishing
flaking	soothing
psoriasis	

### **Other**

### **Contains:**

Mono-unsaturated fatty acids, linoleic acids, proteins, minerals, calcium, magnesium, vitamins B and E, lecithin, amino acids, phosphorus, methionine.

### **Source:**

From the seeds – 60 per cent oil. Produced in Asia and the Mediterranean.

### **Colour**

Light golden yellow

### **Odour**

Slight to strong

### **Directions**

Use as an addition to the base oil, at 10 per cent of the whole.