

LAVENDER OIL

Lavender oil is an essential oil obtained by distillation from the flower spikes of certain species of lavender. The name *lavender* comes from the Latin verb *lavo, lavare* and means to wash or to clean.

Biological name: *Lavandula angustifolia*

Family: Lamiacea.

Chemical constituents: Lavender (*L. angustifolia*) contains essential oil, anthocyanins, phytosterols, sugars, minerals, coumaric acid, glycolic acid, valeric acid, ursolic acid, herniarin, coumarin and tannins

Therapeutic uses

Lavender oil is believed to have antiseptic and anti-inflammatory properties, which can help to heal minor burns and bug bites. It may be useful for treating anxiety, insomnia, depression, and restlessness.

Cosmetic uses

Lavender oil has long been used as a perfume, for aroma therapy, and for skin applications. Lavender oil is used in massage therapy as a way of inducing relaxation through direct skin contact.

Lavender oil is chief among a number of essential oils used in aromatherapy for people with dementia (memory disorder).

Oil of lavender was used as a solvent in oil painting.

Lavender oil for acne

Lavender oil has proven antibacterial properties, and in killing bacteria, it may prevent and heal acne.

Lavender oil for dry skin or eczema

Lavender oil is both antimicrobial and antifungal. It can kill *Staphylococcus aureus*, a type of bacteria that may cause eczema.

Lavender oil for hair

Lavender oil can also have a positive effect on hair growth. An found that a combination of thyme, rosemary, lavender, and cedarwood essential oils successfully treated alopecia a common autoimmune disorder that results in hair loss.

Lavender oil for wrinkles

Lavender oil contains antioxidants that can help tackle free radicals and may potentially reduce the appearance of fine lines and wrinkles.

Lavender oil for healing wounds

A study in rats found that wounds healed more quickly in the group that received a lavender oil treatment than in the control group.

Lavender oil for scars

Evidence suggests that lavender oil may help reduce scarring by promoting tissue growth. The lavender oil helped stimulate tissue repairing processes associated with skin injuries.

Marketed product:

Light day lotion, lavender face wash, lavender hair conditioner, lavender soap, lavender hair cleanser, day lotion, lavender moisture.

OLIVE OIL

Synonyms

Salad oil; sweet oil; oleum olival.

Biological Source

Olive oil is a fixed oil obtained by expression of the ripe fruits of *Olea europaea* Linn. or Indian olive (*O. ferruginea*), belonging to family Oleaceae.

Chemical Constituents

Olive oil contains mixed glycerides of oleic acid (56-85%), palmitic (7-20%), linoleic (3-20%), stearic (1-5%), arachidic (0.9%), palmitoleic (3%), linolenic, eicosenoic, gadoleic, and lignoceric acids. The minor constituents are squalene up to 0.7%, phytosterol and tocopherols about 0.2%. Italy-Spain type olive oil is higher in oleic acid and Greece-Tunisia type oil has higher levels of linoleic acid.

Uses

Olive oil is used in the manufacture of pharmaceutical preparations, soaps, textile lubricants, sulphonated oils, liniments, cosmetics, plasters; as food in salads, and for cooking and baking. It has demulcent (relieving inflammation or irritation), emollient (softening or soothing), choleric (promoting bile secretion by the liver) or cholagogue, and laxative properties. It is a good solvent for parenteral preparations.

Cosmetic uses

It's rich in vitamins

Olive oil does have some reported benefits to the skin. According to the International Olive Council, olive oil has many vitamins, including A, D, and K, as well as vitamin E.

It has antioxidant properties

Olive oil is also an antioxidant, so it might help prevent or reverse damage from cancer-causing ultraviolet radiation. It has a very high concentration of an ingredient called squalene as compared to the other types of fats and oils that humans normally eat. The squalene is what gives olive oil the extra antioxidant boost.

It moisturizes and fights bacteria

If you're prone to acne, using a soap made with olive oil may help decrease your acne by killing off the bacteria that causes the acne. Olive oil is also known to moisturize and hydrate your skin.

Marketed Products

It is one of the ingredients of the preparation known as Figaro oil.