

Argan

Botanical: *Argania spinosa* L.

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Argan oil is derived from the kernels of the argan tree, native to Morocco. The oil has a nutty flavor and is commonly used to dip bread in, on pasta, or as an ingredient in cosmetic products for the face, lips, skin, and hair. It is full of nutritional value, antioxidants, and anti-inflammatory properties. New research indicates it may help prevent some chronic diseases.

Western



Western Name: Argan

Also Known As: N/A

Main Systems: Skin, Cardiovascular System

Key Actions: Antioxidant, Anti-inflammatory, Anti-aging, Vulnerary, Moisturizing

Key Medicinal Uses: Bruises, heart health, cancer, diabetes, lowers cholesterol, lowers triglycerides, dry skin, brittle hair, acne, stretch marks, aging skin, wounds, eczema, psoriasis.

Eastern



Pin Yin: Moluoge Jian Guo You

Also Known As: N/A

Main Meridians: Spleen, Liver

Key Actions: Supports the Liver, Tonifies the Spleen, Moves Qi, Tonic

Key Medicinal Uses: Aging skin, dry skin, perioral dermatitis, itching red skin, acne, skin issues that get worse around menses, bloating, wounds, brittle hair, scanty hair, tonic.



BASIC HABITAT/BOTANY: The fruit of the argan tree is small and round or conical. A thick peel covers a fleshy pulp that surrounds a hard-shelled nut. The leaves are green in spoon to elliptical shape. The trees flowers are yellow.

The argan tree is native to Morocco. They thrive in the arid and semi-arid deserts of southern Morocco.

KEY CONSTITUENTS: Fatty acids (including Oleic, Palmitic, Stearic, and Linoleic acids), Vitamin E, CoQ10, Melatonin, Sterols, Vitamin E.

PARTS MOST FREQUENTLY USED: Kernel

FLAVORS/TEMPS: Slightly Sweet, Neutral

CAUTION: Considered safe. Some may experience allergic contact dermatitis.

HISTORY/FOLKLORE: The argan nut can contain one to three oil-rich kernels. Extraction will yield 30-50% of the oil with each dried fruit producing about one litre of oil. The remaining crushed kernels are protein-rich and used to feed cattle. The nutrient-rich oil has become so popular that production in Morocco is being increased with mechanically derived oil being developed to help lower costs.

Aproximately 35% of the fatty acid content of argan oil is from linoleic acid, or omega-6. About 45% of the oil is made up of oleic acid (aka: monounsaturated omega-9), which is also found in olive oil and is renowned for its heart healthy properties.



FUN FACT!



Vitamin E

Besides being loaded with important fatty acids that are known to help improve and support skin health, argan oil is also very high in vitamin E, known for supporting skin, eye, and hair health.



Diluted with Sunflower Oil

TAs the process for making argan oil is long and expensive, some argan oil may be diluted with less expensive sunflower oil. It can be difficult to find pure argan oil.



Cosmetic Company L'Oreal

The large worldwide cosmetic company, L'Oreal, has pledged to continue sourcing its oil from small hand processed co-operatives in support of local agriculture and fair trade.

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