

Avocado

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Botanical Name	Persea gratissima
Part Used	Dried fruit
Extraction	Expressed
Color	Olive to pale green
Viscosity	Thick
Taste	Lingering, nutty flavor
Aroma	Strong, earthy, green
Constituents	High in oleic acid, linoleic acid, lecithin, and Vitamin D.
Dermal Absorption	Highly penetrating and spreadable, leaving a non-sticky sheen to the skin.
Uses	It is one of the most highly penetrating oils with good spreadability, making it an excellent moisturizer. It is especially beneficial in helping hard-to-heal sores and eczema. In any cosmetic or soap preparation, avocado oil should be added at the last minute, and at the lowest temperature possible to ensure preservation of the vitamins. In a blend, use at least 25% avocado oil for the most effective result.
Storage	Avocado oil stores well and should be kept cool. If it becomes chilled, the constituents will be precipitated and it will become cloudy. If this does occur, gentle warming to room temperature will improve its clarity.

Information compiled from:

[Student Handbook Australasian College USA (Version dated 12/7/99)]

Disclaimer Notice: This information is provided for educational purposes only. No claim is made to the accuracy of these statements nor is the information to be considered all inclusive of the properties of the respective essential oils. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.