

Evening Primrose

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Botanical Name	Oenothera biennis
Part Used	Seed
Extraction	Expressed using minimal heat
Color	Yellow
Viscosity	Moderately viscous
Taste	Oily and sweet
Aroma	Sweet
Constituents	High in gamma linolenic acid
Dermal Absorption	Absorbed quickly into the skin
Uses	Recommended internally for cardiovascular disorders, hyperactivity, premenstrual syndrome, arthritis, benign breast disease, multiple sclerosis, diabetes, aging, and epilepsy. Used externally as an addition to massage oil and cosmetic creams, it is effective for aging, sun-damaged or problem skin, eczema, wounds, and dandruff. In a massage blend, it should be used at the dilution rate of approximately 10%. It can be use as a substitute for borage seed oil.
Storage	Evening primrose is relatively unstable. Store in a well-filled, airtight container at a cool temperature, under 40 deg. F, protected from light.

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.