

Olive

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Botanical Name	Oleo europaea
Part Used	Ripe fruit
Extraction	Expressed
Color	Pale yellow or light greenish-yellow
Viscosity	Thick
Taste	Faint
Aroma	Reminiscent of olives. Dominating in a blend
Constituents	Glycosides and unsaturated fatty acids, particularly oleic acid.
Dermal Absorption	Heavy and very greasy
Uses	Nutritious and soothing to the skin. Externally, it is used to soften hard skin and soothe inflamed surfaces, especially eczema and psoriasis. It is a useful oil for massage, and an effective base for herbal massage oils, bath oils, and ointments. Use it at a dilution rate of approximately 45% to avoid the distinctive aroma from dominating a formula. Internally, it is effective for constipation and cardiovascular disease.
Storage	Store in a well-filled, airtight container at a cool temperature, 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.