

# Sesame

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<b>Botanical Name</b>	Sesamum indicum
<b>Part Used</b>	Ripe seeds
<b>Extraction</b>	Expression or extraction
<b>Color</b>	Pale yellow
<b>Viscosity</b>	Similar to sweet almond
<b>Taste</b>	Nutty
<b>Aroma</b>	Odorless if refined.
<b>Constituents</b>	High in oleic and linoleic acid and also contains significant amounts of lecithin.
<b>Dermal Absorption</b>	Greasy
<b>Uses</b>	Top-quality lubricant for rheumatic conditions and is a natural skin cleanser. It produces a somewhat oily finished product. Useful for psoriasis, dry skin, and eczema.
<b>Storage</b>	Sesame oil contains sesmoline, a natural preservative. It is more stable than most oils, but still requires cool storage.

**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.